



Skin Self-Examination

Everyone should perform a skin self-examination at least once a month. Look for any unusual changes; do not ignore spots that do not hurt (skin cancer may be painless but can still be dangerous). Children should also be taught to do so from an early age. After the first few times it should only take about 10 minutes.

Use a mirror to help you look and ask someone to help you.

If you can spot it, you can stop it.

Warning signs

- A skin growth that increases in size and appears pearly, translucent, tan brown, black or multi-coloured; i.e. a mole, birthmark, beauty spot or any brown spot that :

- ✚ Changes colour
- ✚ Increases in size or thickness
- ✚ Changes in texture
- ✚ Is irregular in outline
- ✚ Is bigger than 6mm, the size of a pencil rubber.

- A spot or sore that:

- ✚ Itches or hurts
- ✚ Crusts or scabs
- ✚ Ulcerates or bleeds
- ✚ Fails to heal within 3 weeks

- Examination should include checking:

- ✚ Head to toe
- ✚ Behind ears
- ✚ Underarms
- ✚ In between thighs and buttocks
- ✚ Fingers, toes, palms of hands and soles of feet

Skin cancer is highly treatable if detected early

Recommended viewing: <http://www.dermnetnz.org/melanoma/sse.html>

Warning signs

A skin growth that increases in size and appears pearly, translucent, tan brown, black or multi-coloured needs to be seen to. For example:

A mole, birthmark, beauty mark, or any brown spot that:

- changes colour or texture
- increases in size or thickness
- is irregular in outline
- is bigger than 6mm, the size of a pencil rubber

A spot or sore that:

- Itches or hurts
- Crusts or scabs
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Skin cancer is highly treatable if detected early.
Early detection saves lives

Make self-examination an important part of your monthly routine.

Remember-If you can spot it, you can stop it.

Useful links:

www.cancer.org.au/preventing-cancer/reduce-your-risk/be-sunsmart.html

www.cancer.org.au/preventing-cancer/sunprotection/check-for-signs-of-skin-cancer.html

<http://www.dermnetnz.org/melanoma/sse.html>

<http://www.skincancer.org/Media/Default/File/File/scf-body-map-2016.pdf>

www.wikihow.com/check-for-skin-cancer