

Sun protection and self skin checks reduce skin cancer

Follow these instructions regularly to conduct thorough skin exams:

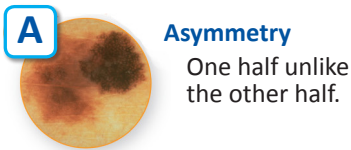
1. Learn what to look for.
2. Examine your skin.
3. Contact your GP quickly to have your skin checked.



1 The ABCDEs of Melanoma

What to look for:

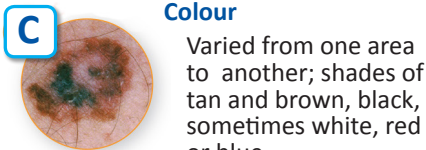
Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma is highly treatable. You can identify the warning signs of melanoma by looking for the following



A Asymmetry
One half unlike the other half.



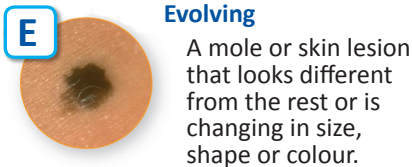
B Border
Irregular, scalloped or poorly defined border.



C Colour
Varied from one area to another; shades of tan and brown, black, sometimes white, red or blue.



D Diameter
While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller. See the ruler below for a guide.



E Evolving
A mole or skin lesion that looks different from the rest or is changing in size, shape or colour.

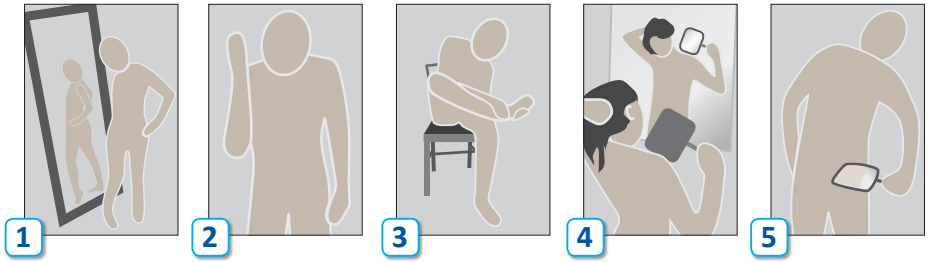
Example:



2 Skin Cancer Self-Examination

How to check your spots every month:

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your skin. Ask someone for help when checking your skin, especially in hard-to-see places.



1 Examine body front and back in mirror, especially legs.

2 Bend elbows, look carefully at forearms, back of upper arms and palms.

3 Look at feet, spaces between soles and toes.

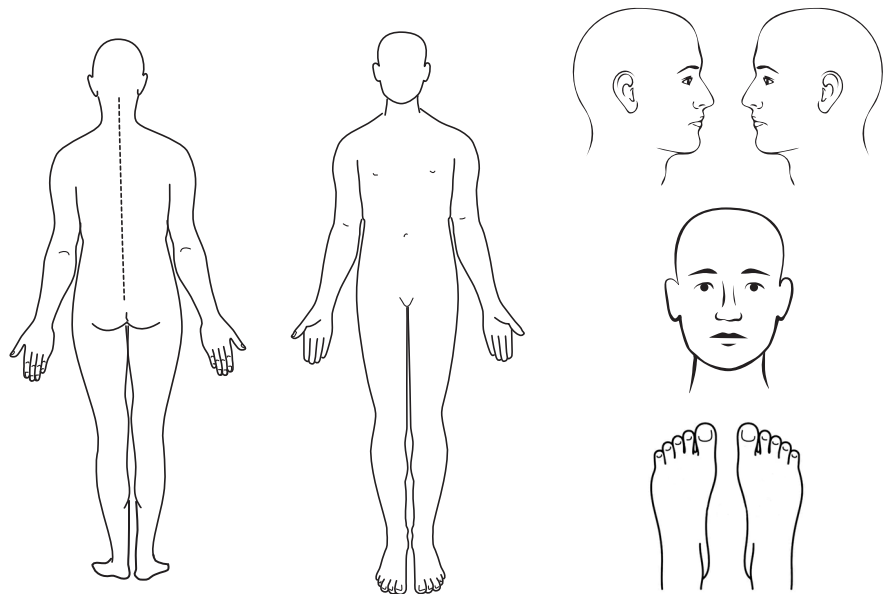
4 Examine back of neck and scalp with a hand mirror. Part hair and lift.

5 Finally, check back and buttocks with a hand mirror.

For more information watch the self skin examination video on DermNet NZ <https://www.dermnetnz.org/topics/self-skin-examination-video/>

3 Record Your Spots

Make notes of your spots on the images below so you can regularly track changes.



MOLE #	A Asymmetrical? Shape of Mole	B Type of Border?	C Color of Mole	D Diameter/Size of Mole. Use ruler provided	E How has mole changed?



Be sun safe. Protect your skin from the sun.

Minimise skin cancer and skin ageing .

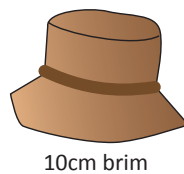
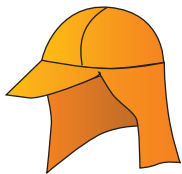
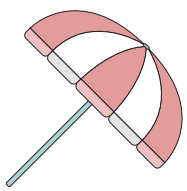
To reduce skin cancer and skin lesions caused by the sun:

Be sun SMART

- S** stay in the shade between 11am and 3pm. Stay indoors or out of the sun during the middle of the day.
- M** make sure your skin never gets sunburnt.
- A** always wear clothing to cover your skin when in the sun.
- R** remember to take extra care to protect children's skin from the sun.
- T** then use SPF factor 50 or greater sunscreen every day.

Wear appropriate clothing to cover up and protect your skin

- Measuring how much UV rays pass through fabric is called UPF or ultraviolet protection factor. Clothing with a tight weave, dark colour and heavy weight fabric gives good sun protection. Denim has a high UPF. A wet T shirt provides less UPF protection than a dry T shirt.
- A hat with a 10cm brim shades eyes and protects skin on the face, nose, head, ears and neck.
- Sunglasses protect eyes from damage by the sun.



Use sunscreen

- Use Sun Protection Factor (SPF) 50 or greater sunscreen every day. Make certain it has broad spectrum UVA and UVB protection.
- One tablespoon of sunscreen for the face. Four tablespoons to cover other exposed skin areas.
- Put on every day or 30 minutes before going out in the sun. Reapply after 2 hours, or after swimming, sweating or drying skin with a towel. Gently smooth onto skin in downward strokes. No rubbing into the skin is needed.
- Put sunscreen under face make-up even if the make-up says it has sunscreen in it.

