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-KNOW YOUR SKIN-

Know your risk:

You have a greater risk of developing cancer if you have:

1. If you have ever suffered from a sunburn, especially before the age of 30.
2. A large number of moles and/or freckles
3. Atypical moles (*dysplastic*)
4. Used solariums (*before the age of 30 is at greater risk*)
5. Diagnosis of melanoma -or- non-melanoma skin cancer in the past
6. Indoor occupation, but suffered sunburn (*redness, peeling or blistering*) intermittently
7. A family history of skin cancer, in particular melanoma
8. If you are immune suppressive
9. Outdoor occupation
10. Fair skin

Know what to look for:

- A new spot that has been developing over the recent 2 to 12 months.
- Any persistent sores for over weeks -or- months that will not heal.
- Any spots or moles that change in colour, distribution of pigment, size, shape, thickness or become persistently itchy or irritated over a period of weeks to months, or in some cases over a year or two.

Know how to look:

- It is important to check your face, neck, ears, scalp, torso, buttocks, arms, legs, hands (*back, palms, between fingers, nails*), feet (*tops, soles, between toes, nails*). It may be helpful to use a mirror.
- To check areas that you cannot see you may want to ask your partner -or- a person that you trust to check for you.

Know how often to look:

- Visually scan your skin every 2 to 3 months.
- Some skin cancers can grow fast over short periods of time, including winter months.
- Early on, skin cancers may be subtle and can develop in weeks -or- months after a recent skin check with your doctor.
- A general skin check with a skin specialist is recommended 1 to 2 times per year or when advised by your doctor.

Know the facts:

- In Australia, the lifetime risk of invasive melanoma is 1 in 14 for men -and- 1 in 22 for women.
- Melanoma is the most common form of cancer in men age 30 to 51 -and- women age 17 to 33.
- 1 out of every 2 Australian's will develop skin cancer within their lifetime.
- Melanomas and other types of skin cancer can develop anywhere, such as areas out of sight and covered by clothes.
- Some melanomas are pink or lack pigment, although most melanomas are either black or brown.
- Early melanomas are often *not* raised and *not* easily felt with hands (*eg: on scalp*), so it is important that you look at the skin and do not rely on how it feels.
- Skin Cancer is *not* a seasonal condition. It can develop anytime of the year, including winter.
- 1 in 3 Australian's are Vitamin D deficient (these findings are from a 2012 clinical study). A simple blood test can identify whether or not you are Vitamin D deficient.
- Vitamin D supplements & a safe level of sun exposure (not sunburn) can improve your Vitamin D levels.