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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*) intermittingly

7. A family history of skin cancer, in particular melanoma

8. If you are immunosuppressed

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 in 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 aged 20 to 39 *-and-* women aged 17 to 33.

-1 out of every 2 Australians will develop skin cancer within their lifetime.

-Melanomas and other types of skin cancer can develop anywhere, including 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 (*e.g. 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 in winter.

-1 in 3 Australians 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.