

Looking for a change!



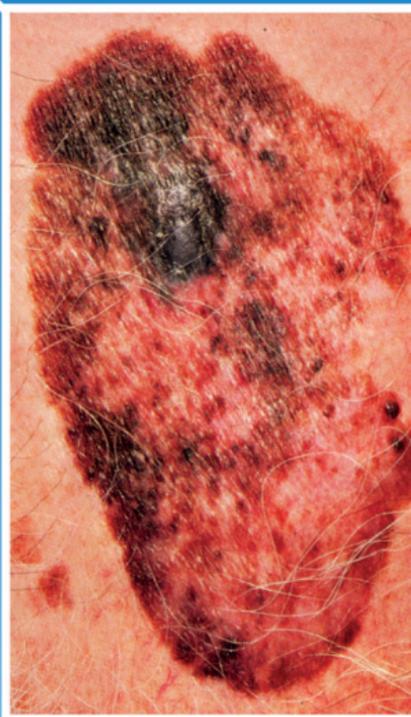
Spotting a change in a mole, freckle or new coloured spot early can save your life.

Change in...

colour

SIZE

shape



Skin cancer can kill
finding it early can save your life

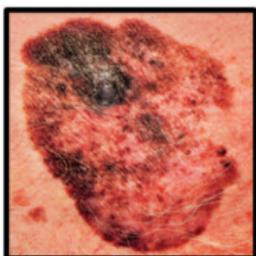
www.cancerfocusni.org or www.careinthesun.org

Check your skin regularly.

Skin cancer can grow from a freckle, mole or on a normal area of skin.

The important changes to look for are:

SIZE



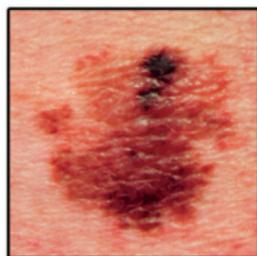
Larger than 6mm (growing or shrinking)

SHAPE



Ragged or irregular outline

COLOUR



Changing colour

Melanoma skin cancer is strongly linked to episodes of sunburn.

Never allow your skin to burn.

Use sun protection:

- Cover up with a hat and a shirt
- Use high SPF 15+ sunscreen with 4 or 5 star rating
- Spend time in the shade between 11am and 3pm

Take extra care if you have pale skin that burns easily or if you have lots of moles or freckles or if your family has a history of melanoma.

CHECK YOUR SKIN REGULARLY:

Use mirrors or ask a friend to look at your back and front and don't forget the soles of feet, between toes, your scalp, neck and nails.

For information call:

Cancer Focus Northern Ireland Helpline 0800 783 3339 or www.cancerfocusni.org or www.careinthesun.org