

# Take the time to **spot** the difference

<p>FRECKLES</p> 	<p>DYSPLASTIC NAEVI</p> 	<p>BASAL CELL CARCINOMA</p> 	<p>SQUAMOUS CELL CARCINOMA</p> 	<p>MELANOMA</p> 	<p>NODULAR MELANOMA</p> 
<p>SEBORRHOEIC KERATOSIS</p> 	<p>SOLAR KERATOSES</p> 	<p>BASAL CELL CARCINOMA</p> 	<p>SQUAMOUS CELL CARCINOMA</p> 	<p>MELANOMA</p> 	<p>NODULAR MELANOMA</p> 
<p><b>HARMLESS / BENIGN</b></p>	<p><b>WARNING SIGNS</b></p>	<p><b>SKIN CANCERS</b> SEE YOUR DOCTOR</p>	<p><b>SKIN CANCERS</b> SEE YOUR DOCTOR</p>	<p><b>SKIN CANCERS</b> SEE YOUR DOCTOR</p>	<p><b>SKIN CANCERS</b> SEE YOUR DOCTOR</p>

Remember to check your skin regularly. See your doctor if you notice a freckle, mole or lump that is new or changing in size, shape or colour; or a sore that does not heal.

**This is intended as a guide only — consult your doctor regarding any suspicious spots.**

# Take the time to **spot** the difference

**How to save your skin:** It's never too late to save your skin. Skin cancer, skin damage and premature ageing CAN be prevented.

- Reduce your sunlight exposure, especially in the peak ultraviolet radiation (UVR) hours of 10am to 3pm.
- Find some shade or create your own with an umbrella.
- Slip on sun protective clothing.
- Slap on a broad brimmed hat or one that covers your neck and shoulders.
- Slap on a good layer of broad-spectrum, water-resistant SPF30+ sunscreen. Remember to reapply frequently if outdoors.
- Protect your eyes with close fitting sunglasses.
- Avoid getting a suntan, using a solarium or getting sunburnt.

By following these simple guidelines **you can significantly reduce your exposure to ultraviolet radiation.**

## HARMLESS / BENIGN

### Freckles

- Freckles are harmless coloured spots that range in size from 1 to 10mm.

### Seborrhoeic Keratosis

- By the age of 60, most people have at least one or two.
- They have a very discrete edge and frequently sit up on top of the skin.
- Colour varies from pale skin through to orange to black.
- Size varies from a few millimetres to 2cm.
- Wart like.

## WARNING SIGNS

### Dysplastic Naevi

- Not skin cancer, but a warning that you may be prone to melanoma.
- Characterised by irregular borders and uneven colour with multiple shades of brown and sometimes pink.
- if changing, may require removal to differentiate from early melanoma.

### Solar Keratoses

- Not skin cancer, but a warning you may be prone to developing skin cancer.
- Characterised by red, flattish, scaly areas which may sting if scratched.
- if sunspots change and become lumpy or tender, they may have become a skin cancer.

## SKIN CANCERS SEE YOUR DOCTOR

BASAL CELL CARCINOMA



### Basal Cell Carcinoma

- Most common skin cancer.
- Appears as a lump or scaling area.
- Red, pale or pearly in colour.
- As it grows, it may become ulcerated like an unhealing sore or one that heals then breaks down again.
- Grows slowly, usually on the head, neck and upper torso.

SQUAMOUS CELL CARCINOMA



### Squamous Cell Carcinoma

- Not as dangerous as melanoma but may spread to other parts of the body if not treated.
- A thickened red, scaly spot. Later it may bleed easily or ulcerate.
- Appears on sites most often exposed to the sun.
- Grows over some months and rarely grows rapidly.

MELANOMA



### Melanoma

- The most dangerous skin cancer.
- If untreated, cancer cells spread to other parts of the body. If treated early, 95% are cured.
- Appears as a new spot, or an existing spot, freckle or mole that changes colour, size or shape.
- Usually has an irregular or smudge outline and is more than one colour.
- Grows over weeks to months, anywhere on the body.

NODULAR MELANOMA



### Nodular Melanoma

- May be a red, pink, black or brown dome shaped, firm raised lump, growing in size.
- After a while, it may bleed or crust.
- May grow quickly, hence early treatment recommended to avoid spreading to other parts of the body.
- Some flat melanoma may develop nodular areas late.

This is intended as a guide only – consult your doctor regarding any suspicious spots.

## Remember to check your skin regularly.

See your doctor if you notice a freckle, mole or lump that is new or changing in size, shape or colour; or a sore that does not heal.

For more information call Cancer Council Helpline on 13 11 20 or visit our website, [www.cancerqld.org.au](http://www.cancerqld.org.au).

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