



# SKIN CANCER AWARENESS

## What is Skin Cancer?

Skin cancer occurs when skin cells are damaged by overexposure to ultraviolet (UV) radiation from the sun.

There are three main types of skin cancer:

1. Basal cell carcinoma
2. Squamous cell carcinoma
3. Melanoma - *the most dangerous form of skin cancer and the 3rd most common cancer in Australia.*

## Every Year in Australia...

- Skin cancers account for around 80% of all newly diagnosed cancers
- The majority of skin cancers are caused by exposure to the sun
- GPs have over 1 million patient consultations per year for skin cancer
- More than 750,000 people treated for one or more non-melanoma skin cancers in Australia each year

In 2014, 2,067 people died from skin cancer in Australia, 1,467 from melanoma and 600 from non-melanoma skin cancers. Yet most skin cancers can be prevented by the use of good sun protection.



## The 5 Forms of Sun Protection



**Slip** on sun protective clothing



**Slop** on SPF30+ sunscreen. Reapply every two hours



**Slap** on a broad-brimmed hat



**Seek** shade



**Slide** on wrap-around sunglasses

A combination of these measures, along with getting to know your skin and regularly checking for any changes, are the keys to reducing your skin cancer risk.

## Skin Cancer Symptoms

Become familiar with the look of your skin, so you pick up any changes that might suggest a skin cancer. Look for:

- Any crusty, non-healing sores
- Small lumps that are red, pale or pearly in colour
- New spots, freckles or any moles changing in colour, thickness or shape over a period of weeks to months (especially those dark brown to black, red or blue-black in