



Slip Slop Slap

Scan



Know the signs to protect yourself.

Checking your skin regularly for signs of skin cancer is a vital step in early detection.

The most serious of the three main types, melanoma, can quickly grow and become life-threatening.

That's why it's so important to develop a regular habit of self-checking your skin.

If you know your skin and what's normal, you'll be able to act quickly when something doesn't look right.



How to check

For a do-it-yourself skin examination, you'll need a room with good light, a full-length mirror and an additional hand-held mirror.

Undress completely and check every part of your body – even the parts that don't get much sun exposure, such as between your fingers and toes.

What to look for

When it comes to what you're looking for, follow your ABCs – or rather, your ABCDEs.

That is, any existing moles and freckles, or any new spots, that exhibit:

- Asymmetry – i.e. if you folded the shape in half, it wouldn't match up.
- Border irregularities.
- Colour changes or different shades.
- Diameter of more than 6mm across.
- Evolving (e.g. size, shape, colour, itching) over time?

Other things to look out for include spots or moles that are different to others, and sores that don't heal, are itchy or bleed.

Here are some examples of different types of skin cancers – note the asymmetry and irregularities in colour and border.

Make sure you address any new or changing moles or spots sooner rather than later, and if anything at all appears odd or suspicious don't hesitate to make an appointment with your GP or dermatologist.

Remember: slip, slop, slap, seek, slide – and scan.

