

Do a monthly skin check



Skin cancer is the most common form of cancer, with more than 5 million people being diagnosed each year.

Melanoma is the most dangerous type of skin cancer and develops in the cells that produce melanin (the pigment responsible for your skin's colour). Limiting your exposure to UV radiation can help reduce your risk of melanoma.

Melanoma can be treated successfully with early detection. That's why it's a good idea to do a monthly spot check of your moles.

The Mayo Clinic lists the following ABCDE warning signs for skin cancer:

- **Asymmetry.** Watch out for irregular shapes and one half of a mole looking different to the other half.
- **Border irregularities.** Irregular, notched, or scalloped borders are not normal and could indicate melanoma.
- **Colour changes.** Multiple colours and uneven colour distribution are a warning sign. Regular moles are usually an even tone of brown or black.
- **Diameter.** Have your mole checked if it's larger than 6mm.
- **Evolve.** Changes in colour, size, itchiness or

bleeding are all signs to get a mole checked.

Be aware that cancerous (malignant) moles are all different. Some might display many of the warning signs mentioned and some might display only one or two.

Besides high exposure to UV radiation, the factors that could also increase your risk of melanoma are:

- Having fair skin.
- A history of sunburn.
- Living close to the equator or at a high elevation.
- Having many moles or unusual moles.
- A history of melanoma.
- A weakened immune system.

What can you do to decrease your risk?

- Avoid the sun's rays at the hottest, most dangerous times of the day (between 10 a.m. and 4 p.m.).
- Wear sunscreen.
- Wear protective clothing.
- Avoid tanning beds.
- Examine your skin regularly and pay attention to any irregularities such as skin growths, changing moles, itchiness, and bleeding.