

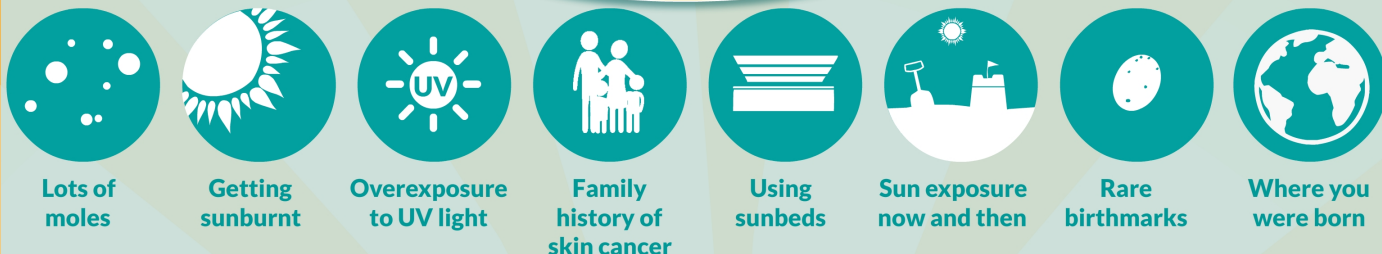
# What is melanoma?

Melanoma is a type of skin cancer that forms in the cells that make melanin. It starts on the normal skin surface and looks like a mole. It is important to diagnose melanoma early. It could save your life.

# Spot

the difference

## Causes

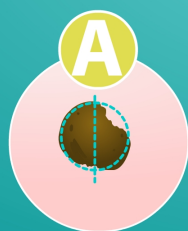


Where you were born- fair skinned people born in a hot country have a higher risk than people who went to live in a hot country!

## Know your

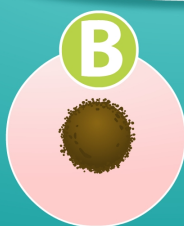
**A B C D E<sub>s</sub>**

It is vital that you get to know the normal appearance of your moles. Learn your ABCDEs and check your skin regularly - about once a month.



### Asymmetry

If you draw a line through a melanoma, the two sides will not match.



### Border

The border of an early melanoma tends to be uneven. The edges may be scalloped or notched.



### Colour

A mole with a number of different shades of brown, black or tan is a warning sign.



### Diameter

Melanomas are usually larger in size than the eraser at the top of a pencil (¼ inch or 6mm).



### Evolving

Any change in shape, colour, size, elevation or any other trait like bleeding, itching or crusting is a warning sign.

## Prevention

### The SunSmart Code

- Always wear sunscreen
- Wear protective clothing, a hat, and sunglasses
- Choose a sunscreen that has good protection against UVA rays as well as a high SPF
- Never, ever use sunbeds
- Avoid the sun between 11am and 3pm

Early detection saves lives!

