

# 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



Lots of moles



Getting sunburnt



Overexposure to UV light



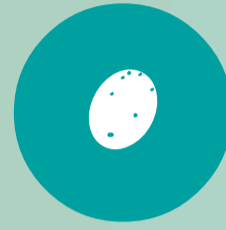
Family history of skin cancer



Using sunbeds



Sun exposure now and then



Rare birthmarks

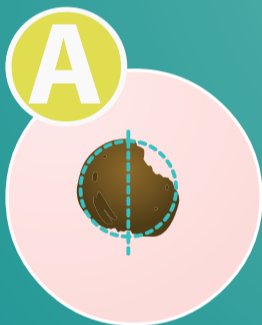


Where you were born

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!

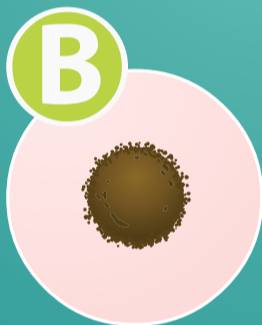
## Know your

A B C D E's



### A Asymmetry

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



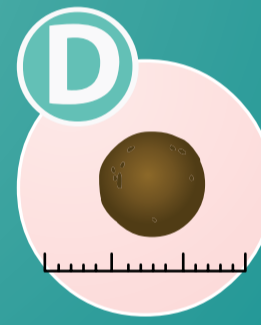
### B Border

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



### C Colour

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



### D Diameter

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



### E Evolving

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

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.

## 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