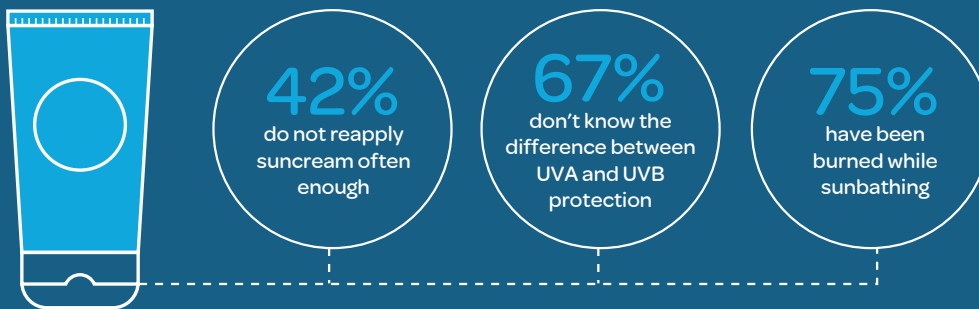


The latest regional statistics show that 748 people in Lancashire were diagnosed with melanoma skin cancer between 2011 and 2013.\* North West Cancer Research surveyed 300 people across Lancashire about their understanding of skin cancer and attitudes towards sun protection.

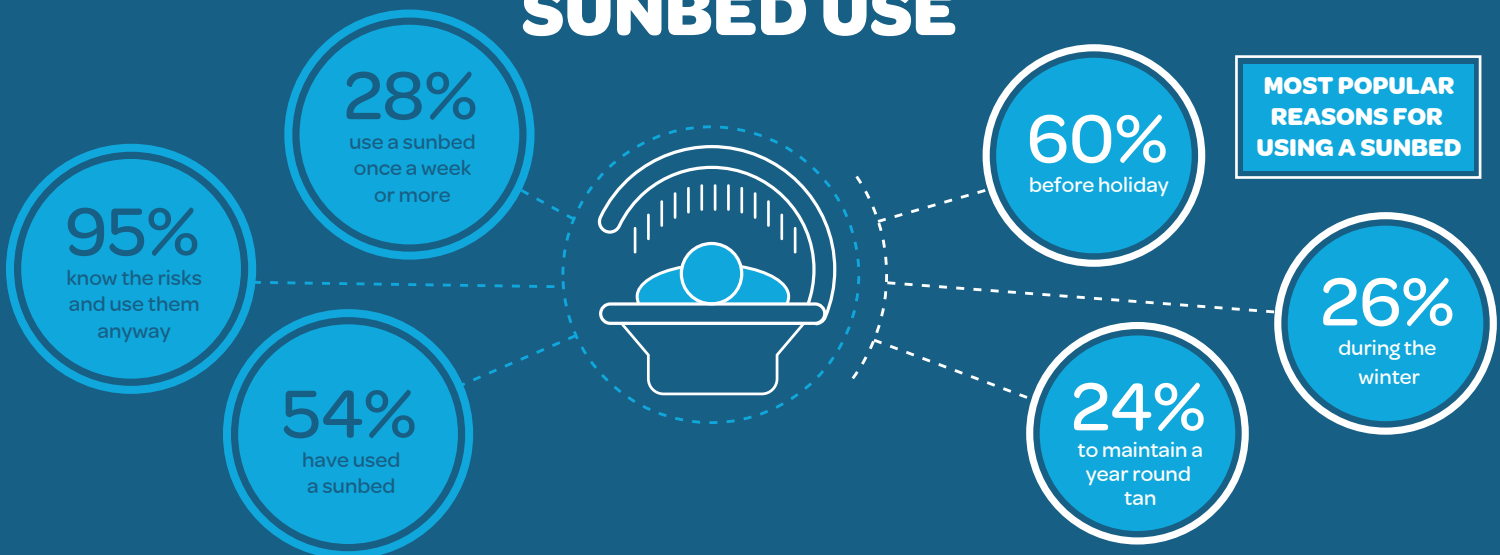
## SKIN CANCER AWARENESS



## SUNCREAM APPLICATION



## SUNBED USE



\* <http://www.ncin.org.uk/skin/laua/atlas.html>

### Did you know?

The **ABCDE** method of checking is an easy rule to remember when checking your skin. It stands for:

- **Asymmetry:** does the mole look uneven or misshapen?
- **Border:** is the edge of the mole blurred?
- **Colour:** is it a mix of shades, has your mole darkened since the last time you checked?
- **Diameter:** is it bigger than 6mm?
- **Elevation or enlargement:** has it changed in shape or become raised above the skin's surface?

Contact your GP straight away if you see any of the above changes to your skin. Or visit [here](#) for more details.