

The latest regional statistics show that 538 people in North Wales were diagnosed with melanoma skin cancer, between 2013 and 2015. 86% of melanomas are preventable.*

North West Cancer Research surveyed 300 people across North Wales about their understanding of skin cancer and attitudes towards sun protection.

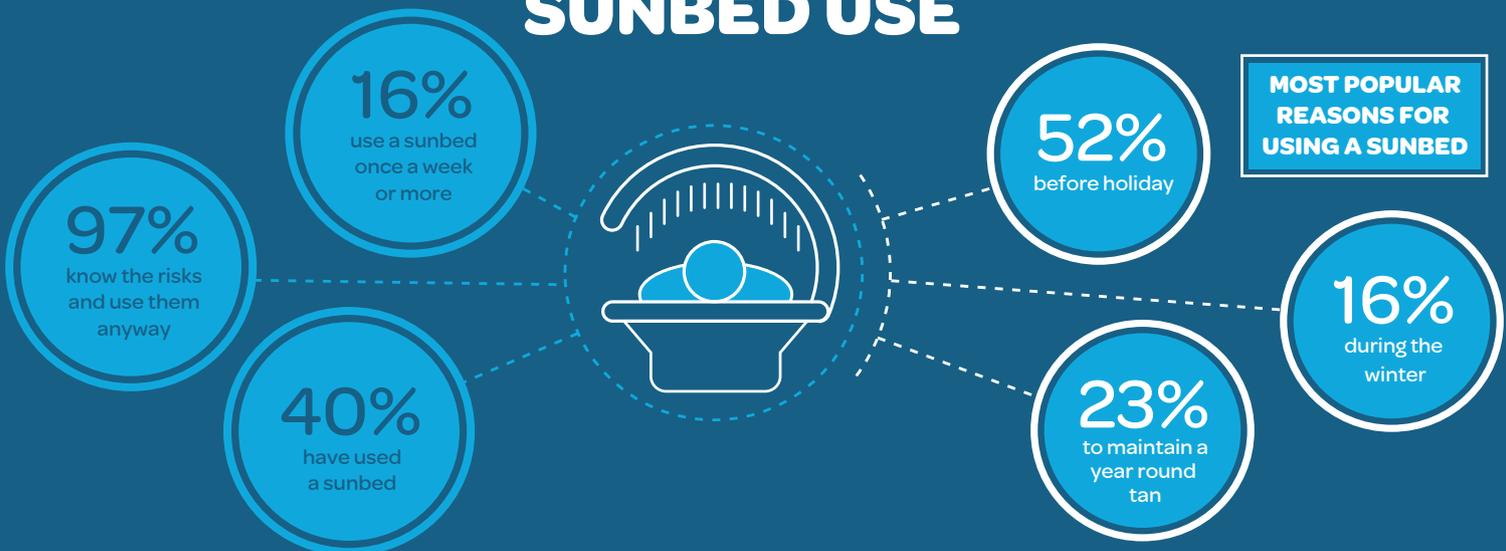
SKIN CANCER AWARENESS



SUNCREAM APPLICATION



SUNBED USE



* <https://public.tableau.com/profile/welsh.cancer.intelligence.and.surveillance.unit#!/vizhome/Incidence2015data/Homepage>

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.