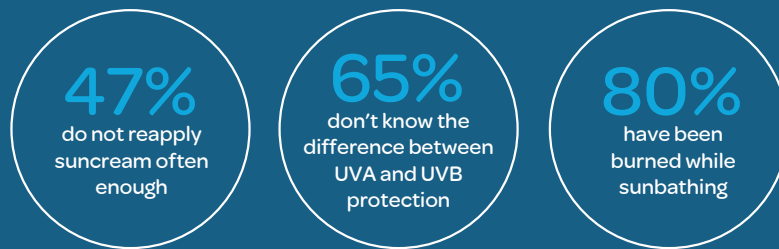




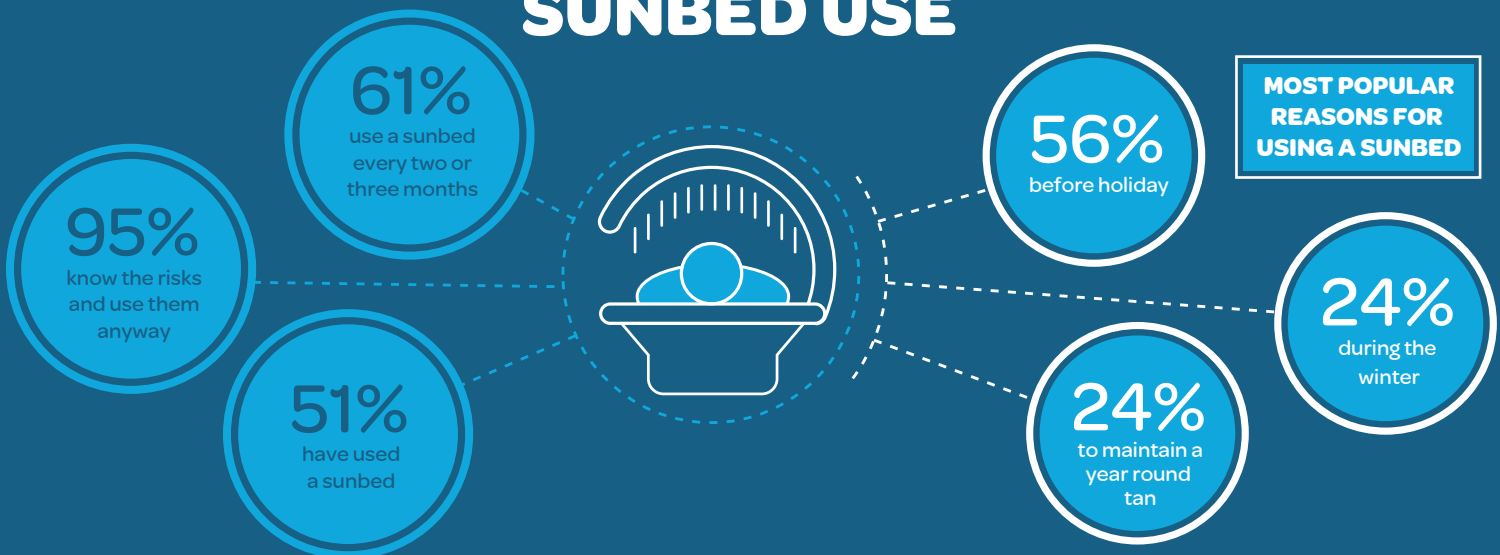
SKIN CANCER AWARENESS



SUNCREAM APPLICATION



SUNBED USE



* www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/skin-cancer

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.