

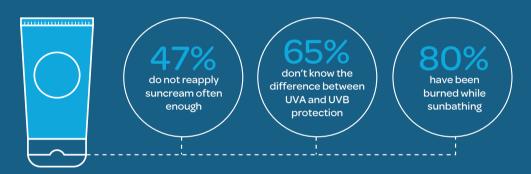
Every year around 15,906 new cases of melanoma skin cancer are diagnosed in the UK. 86% of melonomas are preventable.\*

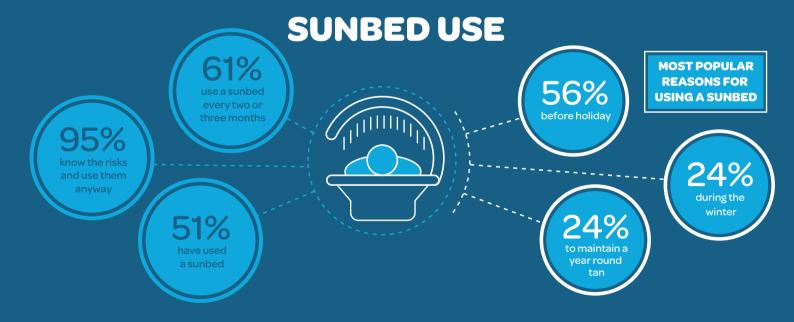
North West Cancer Research surveyed 900 people across the North West and North Wales about their understanding of skin cancer and attitudes towards sun protection.

## **SKIN CANCER AWARENESS**



## **SUNCREAM APPLICATION**





<sup>\*</sup>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 <u>here</u> for more details.