



Remember to check your skin regularly. Visit us at <https://tophealthdoctors.com.au/do-regular-skin-checks/> to learn how to do regular skin checks.

See us at one of our clinics at Top Health Doctors or book on line at www.tophealthdoctors.com.au especially if you notice a skin lesion, mole or lump that is new or changing in size, shape or colour; or a sore that does not heal. This is a guide only - consult us at Top Health Doctors regarding any suspicious spots.

Acknowledgement: The content of this flyer is based in part on the "Spot the difference, Sun Smart Flyer", of Cancer Council Victoria, VicHealth.



TOP HEALTH
— DOCTORS —

Take the time to spot the difference

How to save your skin:

It's never too late to save your skin.

Skin cancer, skin damage and premature ageing **CAN be prevented.**

- Reduce your sunlight exposure, especially in the peak ultraviolet radiation (UVR) hours of 10 am to 3 pm.
- Find some shade or create your own with an umbrella.
- Slip on sun protective clothing.
- Slap on a broad brimmed hat or one that covers your neck and shoulders.
- Slop on a good layer of broad-spectrum, water-resistant SPF30 + or SPF 50+ sunscreen. Remember to reapply frequently if outdoors.
- Protect your eyes with close fitting sunglasses.
- Avoid getting a suntan, using a solarium or getting sunburnt

By following these simple guidelines, you can significantly reduce your exposure to ultraviolet radiation.

Harmless / Benign

Freckles:

- Freckles are harmless coloured spots that range in size from 1 to 10mm.

Seborrheic Keratosis:

- By the age of 60, most people have at least one or two. They are also known as "wisdom spots".
- They have a very discrete edge and frequently sit up on top of the skin.
- Colour varies from pale skin through to orange to black.
- Size varies from a few millimetres to 2cm.
- Wart like.

Warning Signs

Dysplastic Naevi:

- Not skin cancer, but a warning that you may be prone to melanoma.
- Characterised by irregular borders and uneven colour with multiple shades of brown and sometimes pink.
- If changing, may require removal to differentiate from early melanoma.

Solar Keratosis:

- Not skin cancer, but a warning you may be developing skin cancer.
- Characterised by red, flattish, scaly areas which may sting if scratched.
- If sunspots change and become lumpy or tender, they may have become a skin cancer.

SKIN CANCERS – SEE YOUR DOCTOR

Basal Cell Carcinoma



- Most common skin cancer.
- Appears as a lump or scaly area.
- Red, pale or pearly in colour.
- As it grows, it may become ulcerated, like a non healing sore or one that heals then breaks down again.
- Grows slowly, usually on the head, neck and upper torso.

Squamous Cell Carcinoma



- Not as dangerous as melanoma but may spread to other parts of the body if not treated.
- A thickened red, scaly spot. Later it may bleed easily or ulcerate.
- Appears on sites often exposed to the sun.
- Grows over some months but can grow rapidly.

Melanoma



- The most dangerous skin cancer.
- If untreated, cancer cell spread to other parts of the body. If treated early, 95% are cured.
- Appears as a new spot, or an existing spot, freckle or mole that changes colour, size or shape.
- Usually has an irregular or smudge outline and is often more than one colour.
- Grows over weeks to months, anywhere on the body.
- **ABCD Rule** (Asymmetrical, Border irregular, Colour variegated & Diameter increasing).

Nodular Melanoma



- May be a red, pink, black or brown dome shaped, firm raised lump, growing in size.
- After a while, it may bleed or crust.
- May grow quickly, hence early treatment is recommended to avoid spreading to other parts of the body.
- Some flat melanoma may develop to nodular melanoma.
- **E Rule** (Evolution / elevation).