Skin cancer kills more men than women
Finding it early saves lives
Finding skin cancer early saves lives

Check your skin. Skin cancer can grow from a mole, freckle or normal patch of skin.

If you notice changes in size, shape or colour; that happen over weeks or months see your doctor without delay.

Large size  Irregular border  More than one colour

Never burn
Sunburn can double your risk of skin cancer:

The sun’s rays are strongest between 11 and 3, so think about:

- Spending some time in the shade
- Covering up with a shirt and hat
- Using 15+ sunscreen

www.sunsmart.org.uk

SunSmart
CANCER RESEARCH UK

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