Skin cancer kills more men than women
Finding it early saves lives
If ‘Yes’ to any of these, then you need to take extra care.

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.

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

Large size
Irregular border
More than one colour

www.sunsmart.org.uk