Skin cancer kills more men than women. Finding it early saves lives.
Do you burn easily?
Do you have lots of moles or freckles?
Has anyone in your family had skin cancer?

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

SunSmart
CANCER RESEARCH UK