

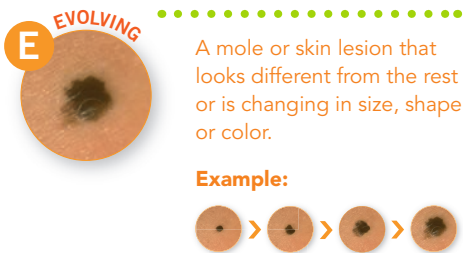
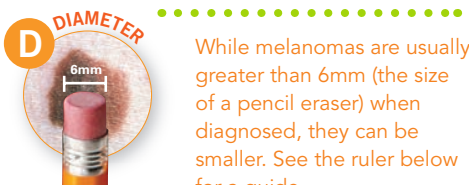
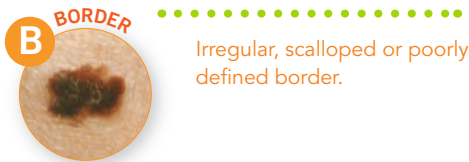
DETECT Skin Cancer: Body Mole Map

Follow these instructions regularly to conduct thorough skin exams: **1.** Learn what to look for. **2.** Examine your skin. **3.** Record your spots. If you notice any new or changing spots, contact your doctor to make an appointment at **03 5454 3973** or book Online <https://hargreavestmedical.com.au>

1 The ABCDEs of Melanoma

What to Look for:

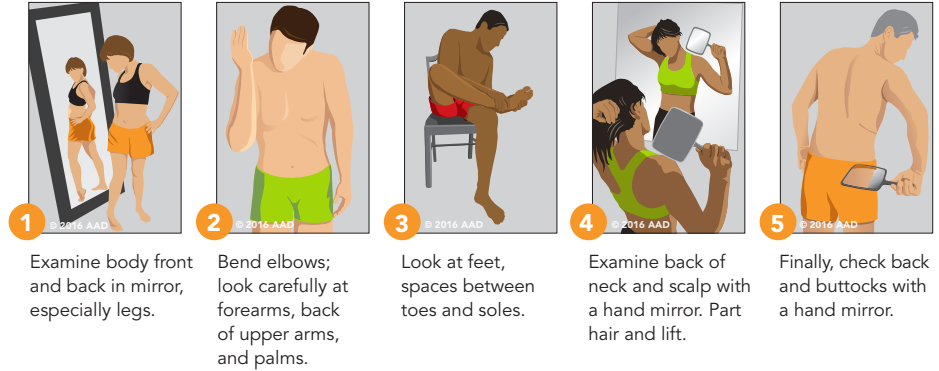
Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma is highly treatable. You can identify the warning signs of melanoma by looking for the following:



2 Skin Cancer Self-Examination

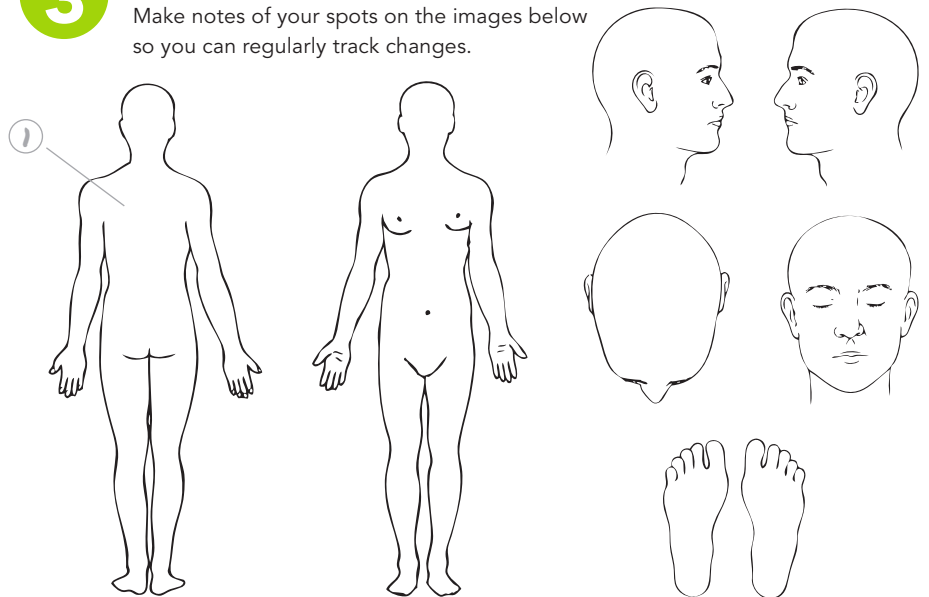
How to Check Your Spots:

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your skin. Ask someone for help when checking your skin, especially in hard-to-see places.



3 Record Your Spots

Make notes of your spots on the images below so you can regularly track changes.



| MOLE # | A Asymmetrical? Shape of Mole | B Type of Border? | C Color of Mole | D Diameter/Size of Mole. Use ruler provided. | E How has mole changed? |
|--------|--------------------------------------|--------------------------|------------------------|---|--------------------------------|
| 1 | OVAL, EVEN | JAGGED | PINK | 1.5MM | YES, LARGER |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |



Name: _____ Date: _____

PREVENT Skin Cancer: Protect Yourself From the Sun

Sun exposure is the most preventable risk factor for all skin cancers, including melanoma. You can have fun in the sun and decrease your risk of skin cancer.

Here's how to protect yourself from the sun:

- **Seek shade** when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- **Wear protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- **Generously apply a broad-spectrum, water-resistant sunscreen** with an SPF of 30 or higher to all exposed skin. Broad-spectrum sunscreen provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply approximately every two hours, even on cloudy days, and after swimming or sweating.
- **Use extra caution near water, snow and sand**, as they reflect the damaging rays of the sun, which can increase your chance of skin cancer.
- **Get vitamin D safely** through a healthy diet that may include vitamin supplements. Don't seek the sun.
- **Avoid tanning beds.** Ultraviolet light from the sun and tanning beds can cause skin cancer and premature skin aging. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it.



If you find any new or suspicious spots on your skin, or any spots that are changing, itching or bleeding, make an appointment to see your doctor.
03 5454 3973

To learn more about skin cancer and to do skin cancer screening, visit **Hargreaves St Medical**



Hargreaves Street Medical Practice

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