



# Skin Cancer Awareness

Skin cancer is the most common cancer in Northern Ireland

*Early detection saves lives*



## Know the signs

**A ASYMMETRY**  
One half doesn't match the other.



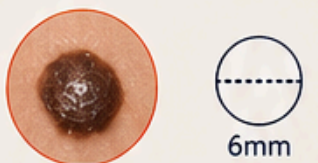
**B BORDER**  
Irregular or poorly defined edges.



**C COLOUR**  
Uneven shades or brown, black, red, white or blue.



**D DIAMETER**  
Greater than 6mm, or the size of a pencil eraser.



**E EVOLVING**  
Changing in size, shape, colour or elevation. Bleeding or scabbing.



## Protect your skin



Wear long sleeves or a collard shirt and a hat.



Use SPF 50 broad spectrum sunscreen. Reapply every 2hrs.



Seek shade where especially between 11am and 3pm



Choose close-fitting, wraparound sunglasses.



Plan ahead and use sun protection when UV levels are 3 and above.

### DID YOU KNOW?

Skin cancer rates in NI have almost trebled over the last 25 years!