



SKIN CANCER AWARENESS

Early
detection
saves lives
ACT NOW!

Skin cancer is the most common cancer in Northern Ireland

Early detection saves lives



FIONA BRADY
FOUNDATION

KNOW YOUR MOLES

BENIGN MALIGNANT

A ASYMMETRY
One half doesn't match the other.



B BORDER
Irregular or poorly defined edges.



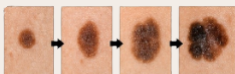
C COLOUR
Uneven shades of brown, black, red, white or blue.



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



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



COMMON TYPES OF SKIN CANCER

Basal cell carcinoma (BCC) is the most common form of skin cancer, usually caused by long-term ultraviolet (UV) exposure. It commonly appears as a slow-growing, pearly, or reddish bump on sun-exposed areas like the face, head, and neck. While rarely fatal or metastatic, BCCs can cause significant local tissue damage if untreated.

Squamous cell carcinoma (SCC) is the second most common form of skin cancer. It usually appears as a firm red nodule, a scaly patch, or a sore that does not heal, typically on sun-exposed areas like the head, neck, hands, and ears.

Melanoma is the most serious type of skin cancer and is capable of spreading to other parts of the body if not treated early. Primarily caused by ultraviolet (UV) light exposure from the sun or sunbeds, it is highly preventable through skin protection. Key symptoms include new, changing, or unusual moles, often featuring irregular borders or varied colors.

NEED ADVICE?



Contact your GP surgery
(First point of care)

NHS
111

NHS 111
dial 111 for urgent advice
when your GP is closed



Macmillan Cancer Support
0808 808 00 00
(free, 7 days a week)



Cancer Focus
Northern Ireland
0800 783 3339

Scan for more info

