

Take time to

Spot the difference

Most of us have spots on our skin.
That's quite normal.

However be on the lookout for:

- any new or changing mole, freckle or spot.
- a mole or spot that does not heal.
- a mole, freckle or spot that looks different from others around it.
- a mole, freckle or spot that has changed in size, thickness, shape, colour or has started to bleed.

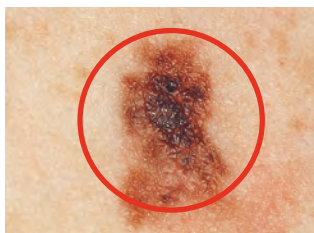
Speak to your health professional if you have any of these changes.



Finding skin cancer early is the key to successful treatment.

Melanoma

- Is the most serious skin cancer that may be life threatening if not treated.
- Can be found anywhere on the body.
- Usually appears as a new or changing mole or freckle.
- Changes may happen over weeks or months rather than days.
- May have an unusual shape or colours.
- May itch, bleed or ooze.
- May be flat or raised and can catch on clothing.



It only takes a minute to check.



Squamous Cell Carcinoma (left) and Basal Cell Carcinoma (right) are usually less serious.

Squamous Cell Carcinoma

- Is a thickened, red, scaly spot. Later it may bleed easily or become an open sore.
- Appears on skin most often exposed to the sun.
- May spread to other parts of the body if not treated.
- Grows over some months.

Basal Cell Carcinoma

- Is the most common type of skin cancer. Red, pale or pearly coloured and can become scaly.
- As it grows it may become ulcerated – like an unhealing sore – or one that heals then breaks down again.
- Grows slowly and most commonly appears on the head, neck and upper body.
- May change in size over a few weeks or months.

Get to know your skin so that you can notice any changes. It is easier to treat skin cancer if it is discovered early.

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Cancer Society

Te Kāhui Matepukupuku
o Aotearoa

Phone the Cancer Information Helpline 0800 CANCER (226 237), contact your local Cancer Society or visit www.cancernz.org.nz