



## **Skin Cancer**

### **Could it be cancer?**

Changes to a mole or freckle can be a sign of skin cancer, which is why it's so important to see your doctor straight away. Early detection makes it easier to treat. Seeing your doctor could save your life.

### **What do I look for?**

The most common sign of skin cancer is a change to a mole, freckle or normal patch of skin. It's important to know your skin and what it looks like normally so you notice any unusual or persistent changes. Use a mirror, or ask your partner or a friend to check the areas of your skin that you can't see.

### **Are there other symptoms of skin cancer?**

A change to a mole, freckle or normal patch of skin is a common sign of skin cancer, but there are also other signs to be aware of, including:

- a new growth or sore that doesn't heal
- a spot, mole or sore that itches or hurts
- a mole or growth that bleeds, crusts or scabs

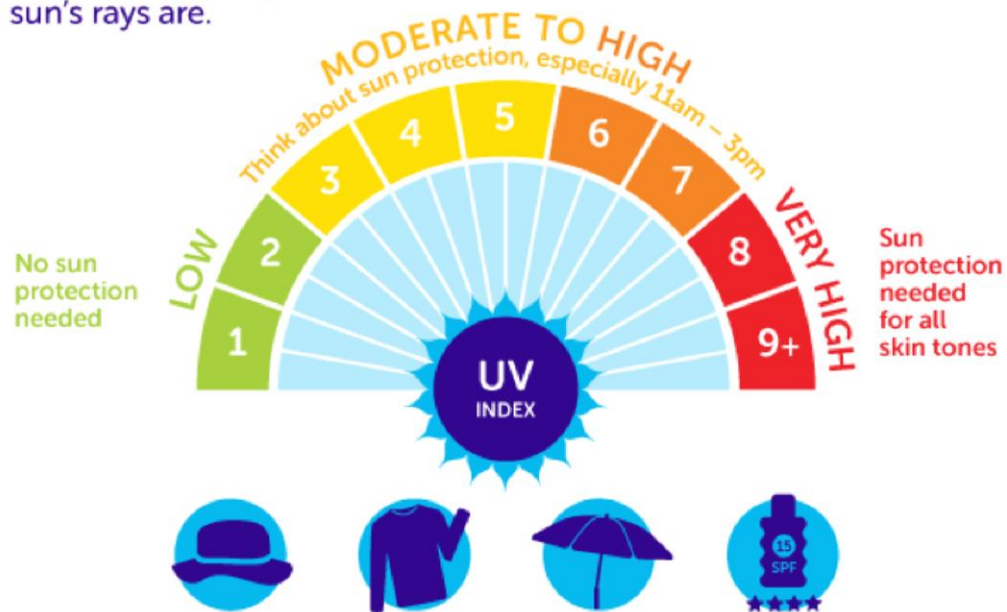
If you notice any of these signs, see your GP. If you know anyone who has any of these symptoms, insist they see their doctor.



**MAKESENSECAMPAIGN**

# DON'T LET SUNBURN CATCH YOU OUT

Check the UV index at [www.metoffice.gov.uk/uv](http://www.metoffice.gov.uk/uv) to see how strong the sun's rays are.



If it's **3 or higher**, think about protecting your skin, especially if you get sunburnt easily.

LET'S BEAT CANCER SOONER  
cruk.org



If you have **one** of **THREE** weeks of these SYMPTOMS for



**3** for

Sore tongue, non-healing mouth ulcers and/or red or white patches in the mouth	Pain in the throat	Persistent hoarseness
Painful and/or difficulty swallowing	Lump in the neck	Blocked nose on one side and/or bloody discharge from the nose

**RECOGNIZING HEAD AND NECK CANCER SIGNS AND SYMPTOMS SAVES LIVES**