


Your guide to skin checks

Self-check at home
and stay skin-safe
all year round





We're always looking for new ways to protect this Australian life. Helping Australians understand skin safety is one of them.

Skin cancer is one of Australia's most common cancers: two-thirds of Australians get skin cancer before the age of 70¹.

The good news is that, if detected early, many skin cancers can be effectively treated.

Here are some skin check tips to help you and your family keep an eye on your spots so you can stay skin-safe all year round.

Make a habit of self-checking

Regular self-checks maximise your chances of detecting melanoma early. The first sign of a melanoma is usually a new spot or a change in an existing freckle or mole.

Get to know your skin and what's normal for you to help you find changes earlier. If you notice any sore, changing, abnormal or new spots during your self-check, have it checked by a GP straight away.

How to self-check

STEP 1

In a well-lit room, undress completely and use a full-length mirror to check your whole body, including areas not exposed to the sun

STEP 2

If you're on your own, use a handheld mirror to check areas that are difficult to see, like your scalp and back, or ask a friend or family member to help

STEP 3

Spend extra time checking your face, neck, shoulders, back, arms, top of your hands, legs, soles of your feet and between your toes

Visit cancer.org.au/checkyourskin for more skin-safe tips

Have a professional skin check

Ask your GP, dermatologist or skin cancer clinic for a skin check. Professional skin checks can help detect early signs of skin cancer.

It's also important to talk to your GP about your skin type and ask for advice on early detection. They can tell you how frequently you should be getting professional skin checks to complement your regular self-checks.





TAL SpotChecker and Firstcheck: helping Australians stay skin-safe all year round

We're committed to helping more Australians detect and prevent skin cancer, which is why we're partnering with Firstcheck.

Through Firstcheck's app and SkinScope™, you can take a 'selfie' of spots on your skin and send the pictures to a local skin cancer doctor for review.

It's an easy, affordable way to get spots checked as soon as you notice them to help protect yourself and your loved ones all year round.

For more info and a special discount offer for Firstcheck from TAL, visit tal.com.au/tal-spotchecker

All content found in this booklet, including text and images were created for informational purposes only. The content of this booklet is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a skin check or any other medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this booklet.

1 Staples MP, Elwood M, Burton RC, Williams JL, Marks R, Giles GG. *Non-melanoma skin cancer in Australia: the 2002 national survey and trends since 1985*. Med J Aust 2006 Jan 2;184(1):6-10 Abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/16398622>

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