



Know the Skin You're In

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EARLY DETECTION

Early detection for skin cancer increases the chances of successful treatment outcomes. Keeping an eye on your skin and moles through routine self-assessment along with having regular health check ups can help you notice when there are changes in your skin.

I noticed abnormal changes, now what?

Contact your doctor as soon as possible. They will be able to conduct a thorough skin exam and provide referrals to specialists as necessary.

WHAT TO LOOK FOR:

- Birthmarks or moles that have changed shape, colour, size, or surface area.
- Any new skin markings (moles, blemishes, colourations, or bumps).
- Any sore that doesn't heal.
- Any patch of skin that bleeds, oozes, swells, itches, or becomes red and bumpy.

Don't forget to check your palms, the soles of your feet, your ears, and your scalp.

CHECKLIST

A normal mole has a brown or black colour, is flat or slightly raised, and is usually round or oval. Most moles are around 2.5cm (1 in) across, or about the size of a pencil eraser. They can show up anytime, and usually stay the same for years. **To check if your mole is suspicious, use the ABCDE's.**

A

ASYMMETRY

One-half of a mole does not have the same shape as the other half.

B

BORDER

The edge of a mole is uneven (irregular). It can look jagged, notched or blurry. The colour may spread into the area around the mole.

C

COLOUR

The colour of a mole is not the same throughout. It could have shades of tan, brown and black. Sometimes areas of blue, grey, red, pink or white are also seen.

D

DIAMETER

The size of a mole is larger than 6 mm across, which is about the size of a pencil eraser.

E

EVOLUTION

There is a change in the colour, size, shape or feel of the mole. The mole may become itchy or you may feel burning or tingling.