

ACT ON
CANCER

TOGETHER



Stay Safe in the Sun

9 out of 10 skin cancers are
caused by the sun or sunbeds



Seek shade



Cover up



Wear sun cream

If you're worried about anything to do with cancer, talk to ACT in confidence.

actoncancertogether.org.uk
01273 234769



MACMILLAN
CANCER SUPPORT



NHS
Sussex



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Check your moles

for signs of skin cancer

A	Asymmetry: do they have an uneven shape? Normal moles usually have a more even shape, and the two halves are similar.
B	Borders: do they have edges (border) that are blurry or jagged? Look for irregular, scalloped, or poorly defined edges.
C	Colour: do they have uneven colouring with multiple shades? Normal moles typically have a uniform colour or symmetrical colouring if two shades are present.
D	Diameter: are they over 6mm? They could be smaller but any changes in size should be monitored.
E	Evolving: monitor moles for changes in size, shape, colour, or elevation. Any new symptoms like bleeding, itching, or crusting should be taken seriously.

If you notice any unusual changes in your skin or moles, it's important to contact your GP.