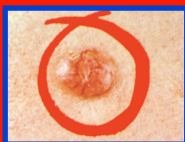
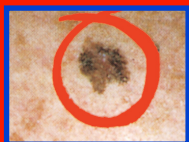


Take time to **spot** the difference



Most of us have spots on our skin. That is quite normal. However be on the lookout for:

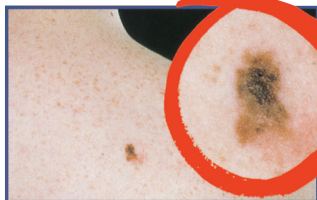
- any changed or new freckle
- a mole or spot that does not heal
- a spot that looks different from other spots around it
- a spot that has changed colour, shape or size in the last few months.

It only takes a minute to check.

Speak to your doctor if you have any of these signs. Thousands of New Zealanders need treatment for some form of skin cancer each year.

Melanoma

- The most serious skin cancer that can spread to other parts of the body if not treated.
- Can occur anywhere on the body.
- Usually appears as a changed or new freckle or mole.
- Change occurs over weeks or months (rather than days).
- May have an unusual shape or colour or variety of colours.
- May not be dark coloured.
- May itch, bleed or weep.
- May become raised quickly and could catch on clothing.



Finding skin cancer early is the key to successful treatment

Squamous Cell Carcinoma

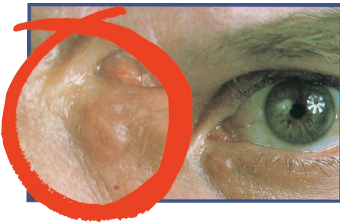
- Not as dangerous as melanoma but may spread to other parts of the body if not treated.
- A thickened red, scaly spot. Later it may bleed easily or ulcerate.
- Appears on sites most often exposed to the sun.
- Grows over some months.



**Your skin spots may vary from the examples shown.*

Basal Cell Carcinoma

- The most common, least dangerous form of skin cancer.
- Red, pale or pearly in colour and scaling on occasions.
- As it grows it may become ulcerated – like an unhealing sore – or one that heals then breaks down again.
- Growing slowly, it appears on the head, neck and upper trunk.



Solar Keratoses (Sunspots)

- Not a skin cancer but a warning that you are prone to skin cancer.
- Characterised by red, flattish scaling areas which may sting if scratched.
- Usually appears on sun-exposed skin in the over 40 age group.

