

Perci Health

86% of melanoma skin cancer cases are preventable



- **Changes to a mole, freckle or patch of skin?**
- **Worried or unsure?**
- **Speak to your GP**

When you check your skin, remember 'ABCDE' and look for moles that:

- A** Are **Asymmetric**
- B** Have irregular **Borders**
- C** Have many **Colours**
- D** Are more than 6mm in **Diameter** (as well as 'different' and 'dark')
- E** **Evolving**, melanoma moles often change

Most skin cancers are caused by too much UV radiation from the sun and sunbeds

If you have a family history of skin cancer, have had it before, and have fair skin, you have a higher risk.

- **Know the signs**
- **Act early**
- **Talk to your GP**

Skin Cancer Awareness Month

May