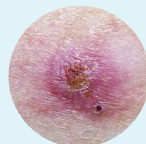


Spotting Skin Cancer: A Guide for Older Australians

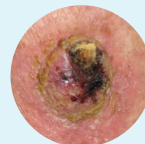
Skin cancer is a disease caused by damaged skin cells growing abnormally, often due to long-term sun exposure. It can appear as a new spot, lump, sore, or a changing mole, and early detection is key to successful treatment.



THREE MAIN TYPES OF SKIN CANCER



BASAL CELL
CARCINOMA (BCC)



SQUAMOUS CELL
CARCINOMA (SCC)



MELANOMA

CHECKLIST FOR SPOTTING MELANOMA

A

ASYMMETRY

One side of the spot doesn't match the other.



B

BORDER

Edges look uneven, blurry, or jagged.



C

COLOUR

Different shades or more than one colour.



D

DIAMETER

Getting larger or looks unusually big.



E

EVOLVING

Any change in size, shape, colour, or symptoms like itching or bleeding.



WHERE TO CHECK:

head, back, legs, arms, scalp, feet, nails

HOW OFTEN TO CHECK:

Every 1–3 months at home, yearly professional check recommended

2 in 3 Australians

will be diagnosed with skin cancer by the age of 70.

Many skin cancers, especially melanomas, go unnoticed on backs, legs, ears, or scalp.

Older adults are at **higher risk** due to cumulative UV exposure.



Australia has the **highest rates** of skin cancer in the world



Over 15,000

Australians are diagnosed with melanoma each year



Men over 60

are the most likely group to die from melanoma



90% of skin cancers

can be cured if detected early

Sources: Cancer Council Australia, Melanoma Institute, Australian Institute of Health and Welfare (AIHW)

INS LifeGuard is the only personal alarm provider with a 24/7 nurse-monitored response service.

Stay safe, stay healthy, and stay independent.

www.inslifeguard.com.au