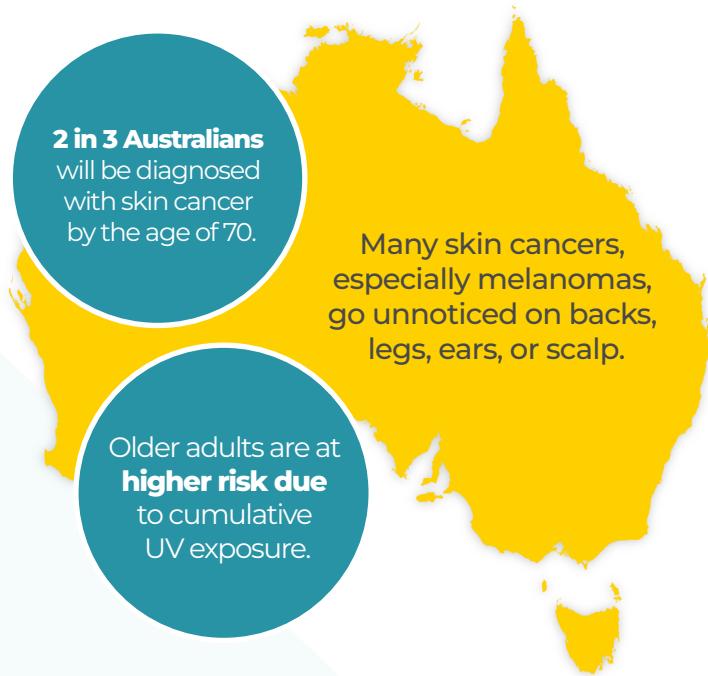


Spotting Skin Cancer: A Guide for Older Australians

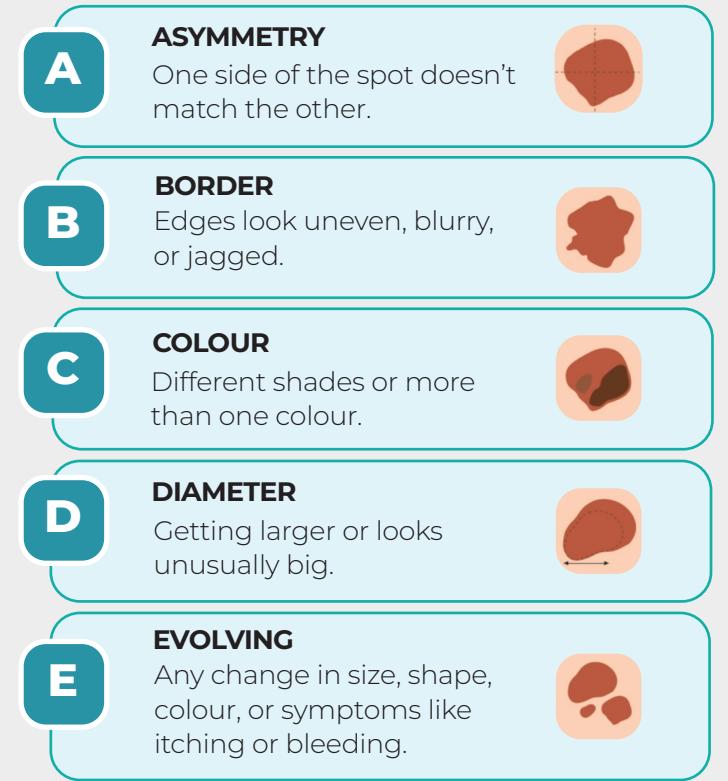
Skin cancer is a disease caused by damaged skin cells growing abnormally, often due to long-term sun exposure. It can appear as a new spot, lump, sore, or a changing mole, and early detection is key to successful treatment.



THREE MAIN TYPES OF SKIN CANCER



CHECKLIST FOR SPOTTING MELANOMA



- 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)

WHERE TO CHECK:
head, back, legs, arms, scalp, feet, nails

HOW OFTEN TO CHECK:
Every 1-3 months at home, yearly professional check recommended

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

Stay safe, stay healthy, and stay independent.