

Participant ID

What is Skin Cancer ?

Australia has one of the highest skin cancer rates in the world. **2 out of 3 Australians** will be diagnosed with skin cancer in their lifetime. There are **3 types of skin cancer**:



Basal cell carcinoma is the most common type of skin cancer. It grows slowly on sun exposed areas. This form of skin cancer responds well to treatment and is rarely life threatening.



Squamous cell carcinoma is less common but grows faster and can spread to other parts of the body. It responds well to treatment if detected early.



Melanoma is the least common skin cancer, but it is the most serious. Most skin cancer deaths are from melanoma.

What's your risk ?

Tick the appropriate box and add up your score.

1. What is the natural colour of your hair?

- Red or blonde Score 1
Brown or black Score 0

2. What is the natural colour of your skin?

- Very fair or fair Score 1
Olive, brown or black Score 0

3. If you did not use any sun protection and spent 11am to 1pm in the summer sun, how would you expect your skin to react?

- Burn rather than tan Score 1
Tan rather than burn Score 0

4. Do you have moles on your skin?

- 20 or more Score 4
Less than 20 Score 2
None Score 0

5. Have you ever been diagnosed with skin cancer?

- Yes Score 3
No Score 0

Total score

Add the numbers beside the boxes you have ticked

Now turn over the page

Your Skin Cancer risk is...

Total score Write your total score from page 1 in this box

above averageIf your total score is 4 or more

You are at above average risk of getting skin cancer and need to be very careful in the sun. Aim to protect your skin from the sun in every way that is possible.

averageIf your total score is 2 or 3

You are at average risk of getting skin cancer and need to be careful in the sun.

below averageIf your total score is 0 or 1

In general skin cancer is less common in people with your kind of skin. However you can still get skin cancer. Therefore it is still important to be careful in the sun.

Remember to:

- Stay out of the sun during midday hours and especially between 10am and 3pm
- Wear a broad-brimmed hat
- Cover your skin with clothing, tightly woven clothing is best
- Apply SPF 30+ sunscreen on sun exposed areas

Watch the UV index everyday - even during winter months.

During the hours when the UV index is 3 or more, protect yourself from the sun

- Solarium and artificial tanning gives out ultraviolet radiation and is not a safe alternative to the sun.

Other skin cancer facts:

- *People with red hair are at least 3 times more likely to get skin cancer than people with dark hair.*
- *People with fair skin are at least 2 times more likely to get skin cancer than people with dark skin.*
- *People who burn easily and don't tan are 2 times more likely to get skin cancer.*
- *People with lots of moles are 4 times more likely to get melanoma.*
- *1 in 2 people who have had skin cancer will have another skin cancer in the next 5 years.*

Notes from your GP

Visit the Cancer Council website for further information:

www.cancercouncil.com.au/sunsmart