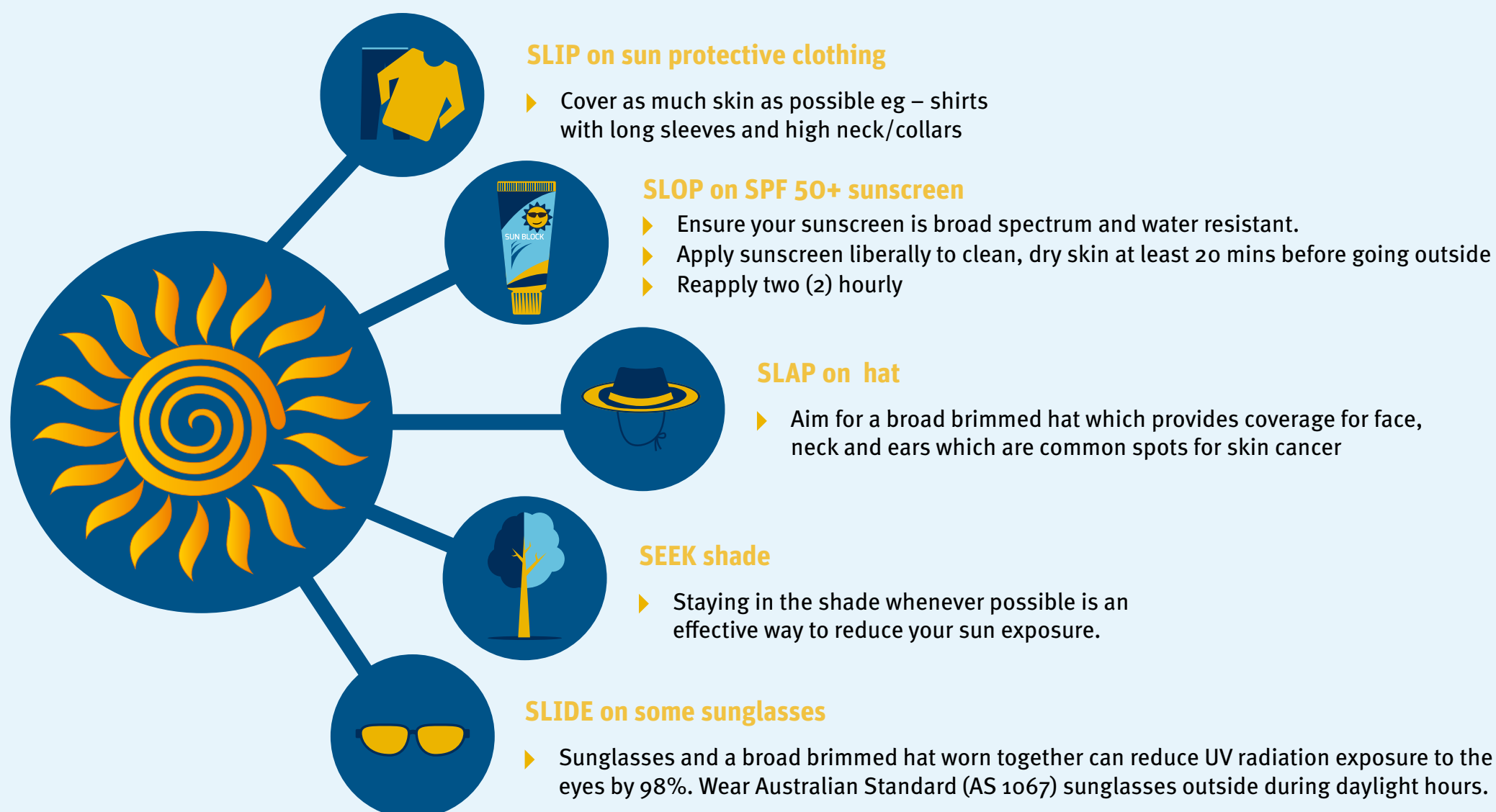


Skin health sun smart tips

UV



Self-examination tips

- A = ASYMMETRY – Look for spots that are asymmetrical not round
- B = BORDER – Look for spots with uneven borders
- C = COLOUR – Look for spots with an unusual or uneven colour
- D = DIAMETER – Look for spots that are larger than 7mm
- E = EVOLVING – Look for spots that are changing in any way

**If you notice anything
suspicious or abnormal,
get it checked by your GP
as soon as possible.**