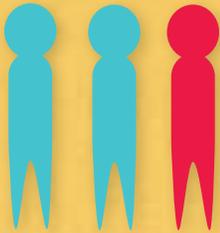


Are you up to date with your skin health?

Medicare records show over 1 million treatments for skin cancer in 2018 alone, and many people have delayed routine checks due to COVID. Here are some simple but important steps you can take while you're young to prevent serious skin cancer.

Did you know?



2 in 3 Australians will be diagnosed with skin cancer by the age of 70



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



Genetics don't influence your chance of getting skin cancer

Learn more:

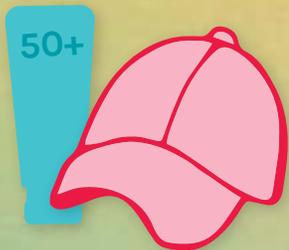


Know your ABCDES

Check your own skin regularly and look out for spots, moles or lesions that have:

-  **A**symmetrical shape.
-  **B**order that is hard to define.
-  **C**olour that is uneven, or different colours.
-  **D**iameter longer than 6mm.
-  **E**volved to be a different colour, shape or size.

Skincare and skin checks



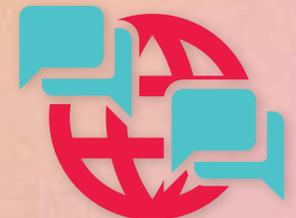
Take care of your skin with sunscreen, hats, protective clothing and sunglasses.



Make a routine of regular ABCDE skin checks at home - you know your body best!



Skin checks with your doctor detect abnormalities before they spread or become dangerous.



Does your culture influence your skin checks or health consciousness? How?