

## Mount Eliza Skin Cancer Clinic

### What should I know about skin cancer?

- Australia has the highest incidence of skin cancer in the world
- Skin cancers account for around 80% of all newly diagnosed cancers
- Between 95 and 99% of skin cancers are caused by exposure to the sun
- Melanoma is the most common life threatening cancer in the 15 to 44 year age group
- Melanoma is the third most common life threatening cancer in both men and women overall

### What is your risk of developing skin cancer?

Circle one answer for each question. The shaded column is the point's value for each answer. Write the points for your answers in the last column. Add up your total points to work out your risk.							Total Points
1. When you go out in the sun, do you burn easily and never tan?	Yes	1	No	0			
2. Do you have blue or green eyes?	Yes	1	No	0			
3. Was your natural hair colour at age 20 blonde or red?	Yes	1	No	0			
4. As a child and teenager did you live mostly in parts of Australia north of a line drawn between Perth and Sydney?	Yes	1	No	0			
5. Have you had any type of skin cancer before?	Yes	5	No	0			
6. Has anyone in your family had melanoma?	Yes	2	No	0			
7. How many years have you spent in a job where you work mainly outdoors in the sun?	More than 10 years	2	5 to 10 years	1	Less than 5 years	0	
8. What is your age group?	60+	2	40-59 years	1	39 or less	0	
9. How many moles do you have on the top part of your left arm between your shoulder and elbow?	More than 3	2	1 to 3	1	None	0	
Add up your total points and write it here →							

Your Score	Your Risk	What you should do...
<b>10 to 17</b>	<b>High</b>	If you haven't had a skin check in the past year, get a check as soon as possible. You should also check your skin yourself every three months, plus have an annual check by a doctor.
<b>5 to 9</b>	<b>Medium</b>	Start with a skin check by a doctor. Self check your skin at least twice a year. Continue to see a doctor for skin checks every 2 – 5 years, or if you have any concerns.
<b>0 to 4</b>	<b>Low</b>	Check your skin yourself at least once each year. See a doctor for a once-off skin check, or if you have any concerns. Remember – Low risk doesn't mean <b>NO</b> risk.

