



DEVON has some of the highest skin cancer rates in the country.

Fill in the quiz to find out how to spot skin cancer early

Skin cancer: know your skin

Please hand your quiz back to a pharmacy member of staff or place in the box provided, then take a SunSmart leaflet.



Tick the statement that best describes your hair and eye colour and what happens to your skin in strong sun.

- Type I Often burns, rarely tans. Tends to have freckles, red or fair hair and blue or green eyes.
- Type II Usually burns, sometimes tans. Tends to have light hair, and blue or brown eyes.
- Type III Sometimes burns, usually tans. Tends to have brown hair and eyes.
- Type IV Rarely burns, often tans. Tends to have dark brown eyes and hair.
- Type V Naturally black-brown skin. Often has dark brown eyes and hair.
- Type VI Naturally black-brown skin. Usually has black-brown eyes and hair.





These factors can increase the risk of skin cancer.
Please tick all that apply to you.

- Fair skin that burns easily
- Red or fair hair
- Lots of moles or freckles
- Light-coloured eyes
- A history of sunburn
- A personal or family history of skin cancer



When checking your moles you can use the ABCD rule to help you remember the main warning signs for malignant melanoma. What does ABCD stand for?

- A
- B
- C
- D



What other changes to the skin could be a sign of skin cancer? Tick all that apply.

- A new growth or sore that won't heal
- A spot, mole or sore that itches or hurts
- A mole or growth that bleeds, crusts or scabs



If you notice any of the changes above over a period of weeks or months, what should you do? Tick one box.

- Ignore it
- Wait another few months to see what happens
- Talk to a friend about it
- Make an appointment to see your GP
- Other

Know your skin quiz answers



Your skin type affects both your likelihood of burning in the sun and your risk of skin cancer. As a general rule, the lighter your skin, the more careful you should be in the sun. See the SunSmart resources for more tips.



If any of these risk factors apply to you, you should take extra care to protect your skin from sunburn and check your skin regularly for any changes (but remember that anyone can develop skin cancer).



Use the ABCD rule to remember some of the signs to look out for:

Asymmetry: The two halves of a mole do not look the same

Border: The edges of a mole are irregular, blurred or jagged

Colour: The colour of a mole is uneven, with more than one shade

Diameter: A mole is wider than 6mm in diameter (the size of a pencil eraser)

Asymmetry
15mm



Border
10mm



Colour
10mm



Diameter
30mm



Not to scale



All three answers could be signs of skin cancer. If in doubt, get it checked out – make an appointment with your GP.



Any change in the size, shape or colour of a mole or normal patch of skin that occurs quickly over a period of weeks or months, should be taken seriously. If you notice a change, visit your GP without delay.



For more advice about protecting your skin in the sun and how to spot skin cancer early:

- Talk to your pharmacist
- Take a 'SunSmart' leaflet
- Visit www.sunsmart.org.uk

Please turn over



30 Second Feedback Form*

Your feedback is essential to help us evaluate this health promotion campaign. Thank you.
Please hand your quiz back to a pharmacy member of staff or place in the box provided.

1) About you:

Male Female Age:..... Postcode:.....

2) Has this quiz increased your awareness of skin cancer? Circle one.

Not at all 1 2 3 4 5 6 7 8 9 10 A lot

3) Has this quiz raised concerns about a change which you've noticed in your skin? Circle one.

Yes No

4) If yes, are you going to book an appointment with your GP to get it checked out? Circle one.

Yes No

5) Would you feel comfortable discussing the signs of skin cancer with a pharmacy member of staff? Circle one.

Yes No

Comment:

6) Have you had a conversation today with a pharmacy member of staff about skin cancer? Circle one.

Yes No

Comment:

* Information provided on these questionnaires will be held securely by NHS Devon until 31 October 2011, and will only be used to evaluate this project. The anonymous data obtained will be shared within the NHS and partners. If you have any questions about this quiz or if you would like to obtain a large-print copy, please contact NHS Devon on 01392 267754. www.devonpct.nhs.uk

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