

Farmers: how to find skin cancer early



National Cancer
Control Programme

About 1,200 people are diagnosed with melanoma skin cancer each year in Ireland. The earlier melanoma is found the easier it is to treat.

Get to know what your skin and moles normally look like. That way, you'll notice any changes more easily.

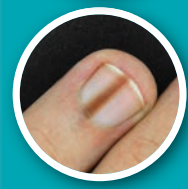
Use a handheld mirror to check areas of your skin that you can't see easily, like the skin on your back. Or ask your partner, a family member or friend to look for you.

It is especially important for farmers to check their skin regularly. You are exposed to 2-3 times more ultraviolet radiation (UV) from the sun than people who work indoors. This puts you at a higher risk of skin cancer.

The early signs of skin cancer

Call your GP TODAY if you notice any of the following:

- A change in the size, shape or colour of a mole that you already have
- A mole that is often itchy or bleeding
- A new mole that looks different to the other moles that you have
- A change to a normal patch of your skin, like a new dark spot on your skin
- A dark coloured line or patch under your nail, or any abnormal skin under your nail



**Don't be scared. Don't delay.
Call your GP today.**

Visit

www.hse.ie/findcancerearly
for more information

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The 'ABCDE' checklist helps you to know when a mole or patch of skin might be a melanoma.



A = Asymmetry

One half of the mole is not the same as the Other



B = Border

The edges ('border') of the mole are irregular, blurry or jagged.



C = Colour

The mole is uneven in colour. It might have different shades of black, brown and pink in it.



D = Diameter

This refers to the size of the mole. Melanomas may grow more than 6mm. This is the width of a pencil.



E = Evolution

'Evolution' means that the mole is changing. The mole may change in size, shape or colour. It may also start to itch or bleed. Normal moles usually stay the same size, shape and colour.

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Bia agus Mara
Department of Agriculture,
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