Every Shade Every Mob

Getting Ready for a Skin Cancer Check

Know your own skin. Notice changes. Be prepared.

A skin check is a normal part of looking after your health.

It is a chance to look closely at unusual spots, moles or skin changes, have a yarn, ask questions and make decisions about your care.

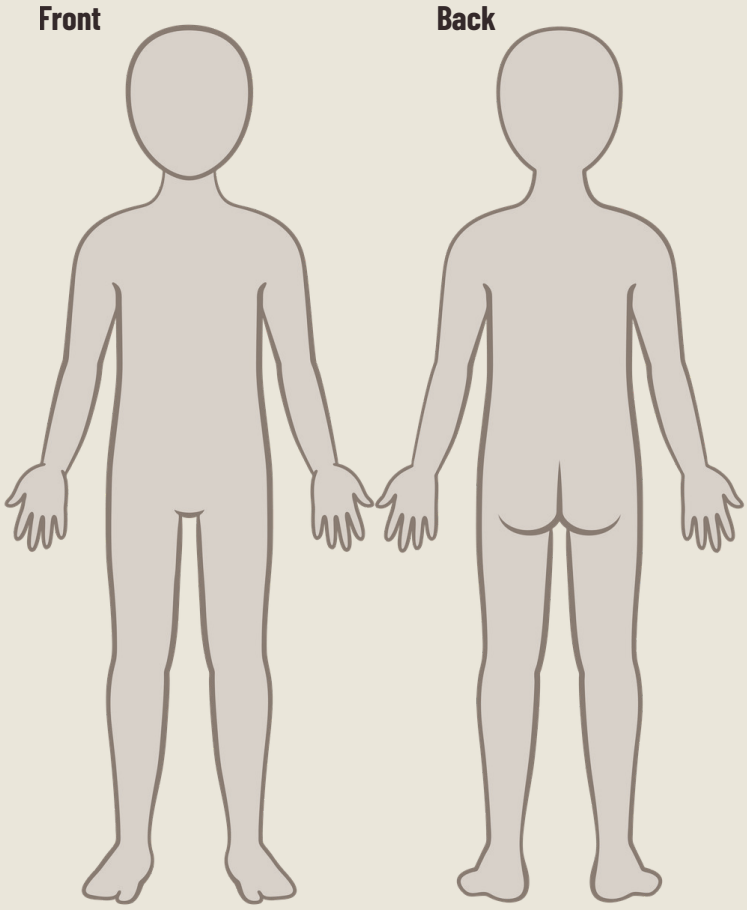
Before your visit:

- Write down questions or worries.
- Think about spots or changes you've noticed.
- Take photos of spots you have been watching.
- Mark areas of concern on the body map.
- Ask a family member, friend or support person to come with you if you would like.

Book a check if a spot is:

- New.
- Changing in size, shape or colour.
- Itchy, painful, bleeding or crusty.
- Not healing.
- Different from other spots or moles.

Mark the areas you want checked



Remember

Anyone can get skin cancer. Checking your own skin regularly and getting spots checked by a doctor early can help keep you strong and healthy.

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Yarning and Getting a Skin Check

Your comfort, privacy and consent matter.

The health professional may ask about

- Spots, moles or skin changes you are worried about.
- Changes you have noticed over time.
- Past sunburns and time spent in the sun.
- Personal or family history of skin cancer.
- Your general health.

What happens during a skin check

A full skin check looks at your skin from head to toe including your scalp, lips, palms, soles and private areas. You can choose which areas are checked.

What may happen next

A special tool may be used to look closely at a spot. It may touch your skin but should not hurt. A photo may also be taken to track changes - this should be explained and your permission requested.

Questions you can ask

- Do I need regular skin cancer checks?
- Does this spot look ok?
- What signs should I watch for at home?
- Do I need a biopsy or treatment?
- Can you explain that another way?
- What happens next?
- Can I have this information written down?

Your voice matters

You know yourself best. Ask questions, take your time, and be involved in decisions about your care. You can bring a support person with you and ask for an Aboriginal Health Worker or Liaison Officer if you would like.

If there's something you don't understand, let your health professional know. They can explain things in a way that works for you.

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The KIDS RESEARCH INSTITUTE AUSTRALIA
STRONG SKIN
Cancer Council WA
DERBARL YERRIGAN HEALTH SERVICE
South West AMS Aboriginal Medical Service
Our Health, Our Way