

#Know your Skin

BE SMART ABOUT SKIN CANCER

1 in 36 men will be diagnosed
with **melanoma skin cancer**
in their lifetime

Check your skin: Contact your GP if you notice new
or changing moles or lesions

Protect your skin from the sun: Use SPF 30+ sunscreen

Contact our free and confidential Melanoma Helpline
for information and support **0808 801 0777**



Scan the QR code or visit
www.melanomafocus.org

Registered charity number: 1124716

**MELANOMA
FOCUS**



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**86% of melanoma
skin cancer cases
are preventable**

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#Know your Skin

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1 in 47 women will be
diagnosed with **melanoma skin
cancer** in their lifetime

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If you have had **more** than **5**
sunburns you have **doubled**
your risk of melanoma skin cancer

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