Skin Cancer Personal Risk Assessment

1. What happens to your skin in sun?
   - Never tans
   - Tans with difficulty
   - Tans easily
   - Tans always

2. Does your skin freckle?
   - Yes
   - No

3. How many moles do you have?
   - None
   - less than 20
   - More than 20

4. Do you have moles with irregular edge and color?
   - Yes
   - No

5. What is your natural hair color?
   - Black
   - Brown
   - Red
   - Fair

6. What is your ethnic origin?
   - Caucasian
   - Asian
   - Afro-Caribbean
   - Chinese
   - Other – specify

7. How many times have you had bad sunburn?
   - Never
   - Once or twice
   - Three or more

8. Have you seen GP with a skin lesion in last 6 months?
   - Yes
   - No

9. Do you check your own skin for moles?
   - Yes
   - No
10. If yes, how often?
   - More than monthly
   - Monthly
   - Once or twice a year

11. Do you try to get a suntan at home or on holiday?
   - Yes
   - No

12. Do you use a sun bed or sun lamp?
   - Yes
   - No

13. If you use a sun bed or sun lamp, how often?
   - Very infrequently
   - 1-3 times year
   - Monthly
   - Weekly or more

14. Do you protect your skin at home or on holiday?
   - Yes
   - No

15. How many sunny foreign holidays have you had in 5 years?
   - None
   - One or two
   - Three or four
   - Five or more

16. What do you do on noticing a new mole?
   - Visit my GP
   - ask partner or friend to look at
   - ignore it

17. How quickly should a new mole be checked?
   - 1 month
   - 2 month
   - 3 month
   - eventually
   - never

18. Do you smoke?
   - Yes
   - No

   If yes, how many: ___________ cigarettes or packet/day

   Since how long: _______________ months/years