

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