

## 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