

HOW & WHERE TO LOOK

Make a habit of checking your skin once a month. Not all suspicious spots occur in places exposed to the sun or at visible places.

So check your entire body, front and back, preferably in front of a full-length mirror.



1. Look at your face, including nose, lips, mouth, on and behind the ears.



2. Check your scalp, using a comb to part your hair in layers. Men: in case of baldness, check your scalp thoroughly, all over.



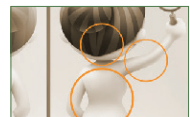
3. Check your hands, front and back and in between the fingers.



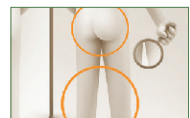
4. Next, focus on the neck, chest and upper body. Women: check between and underneath your breasts.



5. Bend your elbow to check your upper arm and armpits.



6. Use a small mirror to check the back of your neck and your back.



7. Check your buttocks and the back of your legs. Finish by checking between all toes and soles.

WHO'S AT RISK

Skin cancer is most common in people over 50 or people with prolonged or intense exposure to the sun. But it can affect younger adults too.

PEOPLE WITH A HIGHER THAN NORMAL RISK:

- Have fair skin or are prone to sunburn
- Were sunburnt during childhood
- Spend or have spent a lot of time in the sun (e.g. for work or hobby)
- Have periodical sun exposure (e.g. on holidays)
- Use sunbeds (or have in the past)
- Have more than 50 moles
- Have a family history of skin cancer
- Are over the age of 50
- Have undergone an organ transplant

Note: *Even if you're not at high risk, you could still develop skin cancer.*

IT'S ALWAYS BETTER TO BE SAFE THAN SORRY.
CONSULT YOUR DOCTOR OR DERMATOLOGIST IF IN DOUBT.

WE ARE OFFERING FREE SCREENINGS X - Y MAY TO ANYBODY WITH SUSPICIOUS LESIONS. CALL 0000000000 TO BOOK YOUR APPOINTMENT.

HOW TO PREVENT SKIN CANCER

- Maximise protection measures for children (regular use of a high sun protection factor sunscreen (30 to 50), shirt and hat).
- Reapply sunscreen every two hours.
- Avoid sunbeds and tanning booths.
- Seek shade and stay out of the sun at its strongest (between 11am and 4pm).
- Protect your skin and eyes (hat, shirt, sunglasses).
- Don't let your skin go red in the sun: avoid sunburn!
- Ensure you check your skin regularly, and visit your doctor or dermatologist if you find anything unusual.

For more information about the different types of skin spots and what they mean, visit our website:

www.euromelanoma.org

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YOU WOULDN'T IGNORE THIS



SO DON'T IGNORE THESE:



SKIN CANCER CAN BE SEEN

CAMPAIGN SPONSORS:



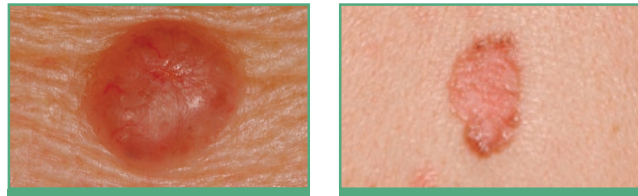
WITH SUPPORT FROM:



4 MAIN TYPES OF SKIN CANCER

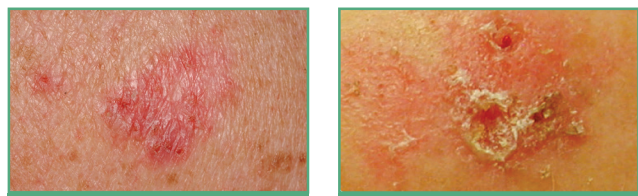
1. BASAL CELL CARCINOMA

This is the most common form of skin cancer, but also the least dangerous. It typically takes the form of an elevated skin-coloured lump with a shiny, pearl-like edge, a wound that does not heal or a slightly crusty lump, which grows slowly over time. In very rare cases, this type of skin cancer can spread to other parts of the body. If left untreated for a long time, it may ulcerate and invade deeper tissues.



2. ACTINIC KERATOSIS

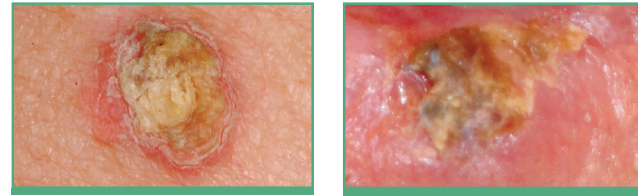
These red-brown, scaly and rough skin spots most commonly occur in middle-aged individuals and the elderly, or in areas exposed to the sun such as the face, neck, ears, the back of the hands and scalp (in men with baldness). These lesions appear regularly and often point to intense sun exposure. They are precancerous lesions, which in 10 to 15% of cases may transform into squamous cell carcinomas.



Actinic keratosis on a bald scalp often results from chronic sun damage.

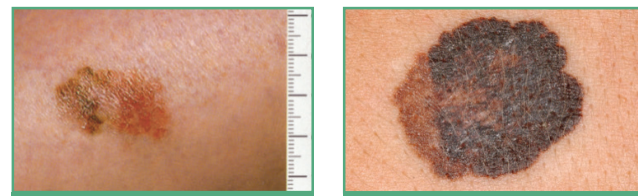
3. SQUAMOUS CELL CARCINOMA

This is the second most common type of skin cancer. It typically occurs in areas of the skin which have had a lot of exposure to sun such as the face and scalp. It takes the form of a crusty lump that may grow quickly, in which case it may become ulcerated and weepy. They can spread rapidly, especially if on the lips, ears, and digits or if the patient is immunosuppressed. Surgical treatment is essential.



4. MELANOMA

This is the least frequent type of skin cancer, but more dangerous, as it can spread internally. It can appear in younger age groups compared to basal cell carcinomas and squamous cell carcinomas. It presents as spots that become darkly pigmented or develop irregular edges or variegated colours over weeks or months. It may present as a pink or red lump with pigmentation and these usually grow faster. Immediate treatment is required.



WHAT TO LOOK FOR

LOOK FOR CHANGES:

Everyone has skin spots. They are a perfectly normal part of growing older. However, every now and again, they may be a warning of something more dangerous.

SIGNS OF SKIN CANCER:

Be on the lookout for spots that:

- Change size, colour and/or shape
- Look different to the others
- Are asymmetrical
- Feel rough or scaly, sometimes you can feel the lesions before you can see them
- Are multi-coloured
- Are itchy
- Are bleeding or oozing
- Look pearly
- Look like a wound but do not heal

Look for the warning signs of skin cancer. Consult your dermatologist if you see two or more.

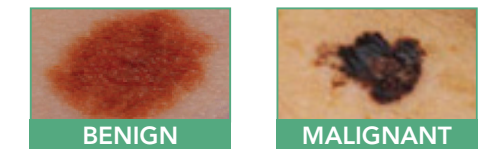


SIGNS OF MELANOMA

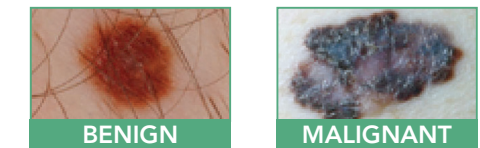
Moles on the same person often look similar: the same shape and same colours. The appearance of a pigmented lesion may be considered suspicious if it is different from the others. This is called the 'Ugly Duckling' sign.

Remember the **ABCDE signs** of melanoma: **early detection is the first factor to successful treatment.**

A - Is the spot **ASYMMETRIC**?



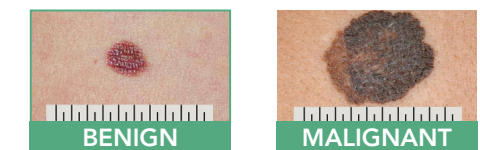
B - Does it have uneven **BORDERS**?



C - Does it contain different **COLOURS**?



D - Is the **DIAMETER** larger than 6mm?



E - Is there an **EVOLUTION** in growth?

