

## What to do next?

Someone has a suspicious spot?  
Not sure whether it might be a problem?

It's always better to be safe than sorry.  
**Advise to consult a dermatologist.**

For more information about skin spots, the different types, their signification and treatment, visit  
**[www.euromelanoma.org](http://www.euromelanoma.org)**

### **And remember:**

Always consult a dermatologist in case of doubt.



## Who's at risk?

Skin cancer is most common in **people over 50 or people with prolonged or intense exposure to the sun.** Melanoma can however affect younger adults as well.

### **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 holiday)
- **Use sunbeds**
- **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 without a high risk everybody might develop a skin cancer.*

## How to prevent skin cancer?

### **Tips :**

- **Maximise protection measures for children** (regular use of a high sun protection factor sunscreen (30 to 50), shirt and hat).
- **Seek shade and stay out of the sun at its strongest** (between 11 am and 4 pm).
- **Protect your skin and eyes** (hat, shirt, sunglasses).
- **Let your skin get used to the sun gradually. Avoid sunburn!**
- **Redness on your skin after sun exposure actually means that it was sunburnt.**
- **When blisters or pain lasting longer than two days are also present, it is considered severe.**
- **Apply sunscreens with a high sun protection factor ( $\geq 30$ ) every 2 hours.**
- **Avoid sunbeds/tanning booths.**

For more information about the different kinds of skin spots, what they mean and how they can be treated, you can also refer to our website: **[www.euromelanoma.org](http://www.euromelanoma.org)**



# How to help spotting skin cancer?

**see it ,  
stop it !**



# What to look for?

Everyone has skin spots. They are a perfectly normal part of growing up and 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 or shape
- Look different compared to the rest
- 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, and if you see any, do not delay to visit your dermatologist!**



# 4 main types of lesions

**They are many types of lesions to detect, but there are usually 4 main types of lesions**

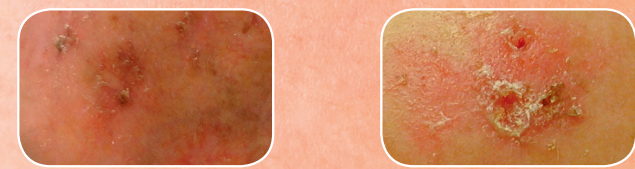
## 1. Basal cell carcinomas

They are the most common form of skin cancers but luckily also the least dangerous. They typically take 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 if more advanced over time. This type of skin cancer does not spread to other parts of the body but, 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 in 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.



## 3. Squamous Cell Carcinomas

They are the second most common form of skin cancers that typically occur in areas of the skin, which have had a lot of sun such as face, and scalp. They take the form of a crusty lump but may be growing faster, in which case may become ulcerated and weeping. They can rapidly spread, especially if on lips, ears, and digits or if the patient is immunosuppressed. So, surgical treatment is essential.



## 4. Melanomas

They are the least frequent tumours but are more dangerous as they can spread internally. They can appear in younger age groups compared to basal cell carcinomas and squamous cell carcinomas. They present as pigmented lesions that become darkly pigmented or develop irregular edges or variegated colours over weeks or months. They may present as a pink or red lump with any pigmentation and those usually grow faster. Immediate treatment is required.



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

## Signs of melanoma :

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

**A** Is the spot **ASYMMETRIC**?



**B** Does it have irregular **BORDERS**?



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



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

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



**Moles in the same person often look similar: same shape, same colours. The appearance of a pigmented lesion may be considered suspicious if it is different from the others: it is called "the Ugly Duckling" sign.**