

What to do next?

Have you got a spot that's troubling you?
Not sure whether it might be a problem?

It's always better to be safe than sorry.
Have it looked at by your dermatologist.

For more information about skin spots,
the different types and what they mean,
visit www.euromelanoma.org

And remember:

At the first sign of something out of
the ordinary, please consult your
dermatologist.



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 sun burn
- Were sunburnt during childhood
- Spend or have spent a lot of time in the sun (e.g. for work or hobby)
- Have periodical sunexposure (e.g. on holiday)
- Use or have used 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 anybody might present 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 when its rays are the 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 is was sunburnt**
- **When blisters or pain lasting longer than two days are also present, the sunburn is considered severe**
- **Apply sunscreens with a high sun protection factor (≥ 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

S
K I
N C
A N C
E R C A N
B E S E E N
T E O P E F D Z
P C T Z H B S L O D



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.

Be sure to check your skin once a month for suspicious looking spots.

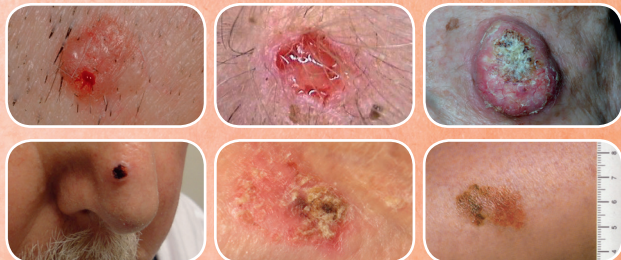
If in doubt, consult your dermatologist.

Signs of skin cancer :

Be on the lookout for spots that:

- Change size, colour or shape
- Look different 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

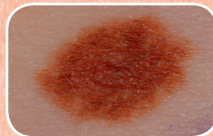
Look for the warning signs of skin cancer, and if you see any, do not delay to visit your dermatologist!



Signs of melanoma :

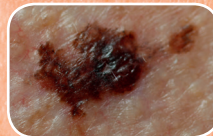
Remember the **ABCDE** signs of melanoma: **early detection is the first factor to successful treatment of melanoma.**

A Is the spot **ASYMMETRIC**?



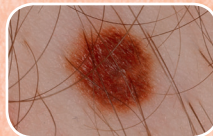
benign

—



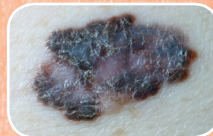
malignant

B Does it have irregular **BORDERS**?



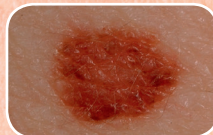
benign

—



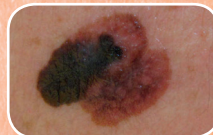
malignant

C Does it contain different **COLOURS**?



benign

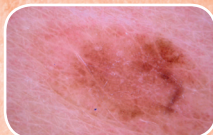
—



malignant

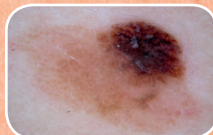
D Is the **DIAMETER** larger than 6 mm?

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



before

—



after

Any change - in size, shape, colour, elevation, or another trait, or any new symptom such as bleeding, itching or crusting - is a warning sign.

Look for the ABCDE signs of melanoma, and if you see one or more, make an appointment with a dermatologist immediately! In any case, look for CHANGES!

How and 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.



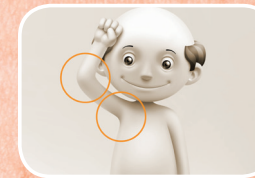
2. Check your scalp, using a comb to part your hair in layers. Men: in case of baldness, check your scalp thoroughly.



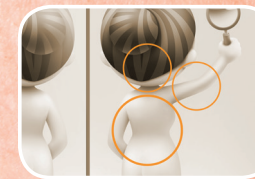
3. Check your hands, front and back and in between the fingers.



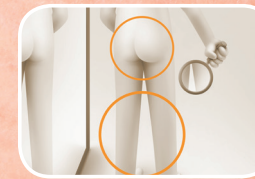
4. Next, focus on the neck, chest and upper body. Women: check between and underneath your breast.



5. Lift your arm 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 toes and the soles.