



*Written by Denise Hancock
Skin Oncology Nurse Specialist
Southampton University Hospitals NHS Trust*

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WESSEX CANCER TRUST

The Wessex Cancer Trust supports many aspects of cancer care for adults and children, including research, education, the production of cancer prevention/patient information leaflets, the improvement of patient facilities, the purchase of equipment and financial help for cancer patients and their families, as well as providing a free counselling and complementary service to cancer patients and their carers and families.

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WESSEX CANCER TRUST

Bellis House, 11 Westwood Road, Southampton SO17 1DL

Tel. (023) 8067 2200 Fax (023) 8067 2266

web: www.wessexcancer.org e-mail: wct@wessexcancer.org

Registered Charity No. 1110216



How to check your skin for skin cancer

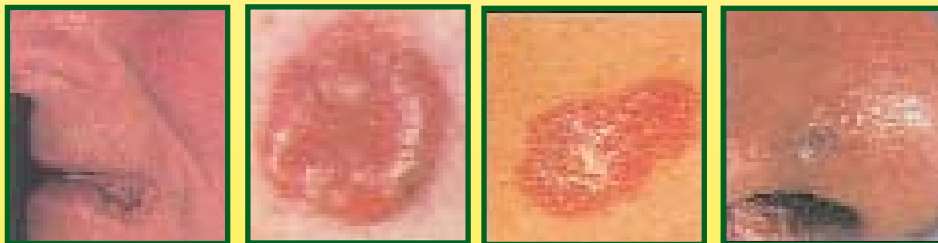
Self Examination Leaflet

 Awareness Information Treatment

Other features to look for

Non Melanoma skin cancers, which include squamous cell and basal cell carcinoma may present as a sore area that does not heal within a couple of weeks. It can also present as a lesion that is growing in size, is ulcerated or bleeds. The pictures below show some examples of what to look for. If you develop anything similar please seek advice from your GP or clinical nurse specialist.

┌ Solar Keratosis (Sun Damage) ┐



Squamous Cell
Carcinoma

┌ Basal Cell Carcinomas ─┐

Skin Self Examination

If you have had a basal cell carcinoma, squamous cell carcinoma or melanoma, you are at an increased risk of developing another.

This leaflet is designed to help you check your skin correctly. This needs to be done routinely at 4-6 weekly intervals.

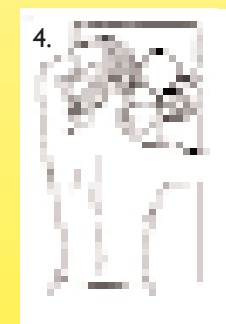
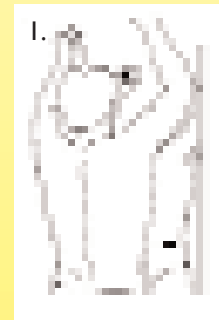
Some useful tips

A good time to examine yourself is after a bath or shower.

You may find it helpful to stand in front of a full length mirror and use a hand mirror to look at the areas which are hard to see.

Alternatively, get someone to check your skin for you.

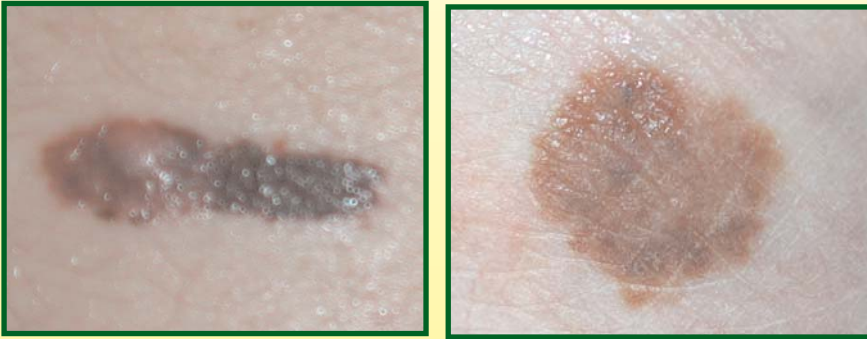
1. Examine your body front and back in the mirror, then left and right sides, arms raised.
2. Bend elbows, look carefully at forearms, back of upper arms and palms.
3. Next, look at backs of legs and feet, spaces between toes, and soles.
4. Examine back of neck and scalp with a hand mirror, part hair and lift.
5. Finally, check back and buttocks with a hand mirror.



What to look for

If you had a skin cancer removed, check area around the scar for signs of recurrence. This can present itself as a new lump, pigmented area or changes in the scar that do not heal within a couple of weeks. Look for the following signs in a pigmented lesion.

- A. **Asymmetry.** Melanoma (cancerous and malignant) Lesions are typically irregular in shape (asymmetrical)



- B. **Border.** Melanoma lesions often have uneven borders (ragged or notched edges)



- C. **Colour.** Melanoma lesions often contain many shades of brown or black or may be blue, red or flesh coloured.



- D. **Diameter.** Melanoma lesions are often more than 6 millimetres in diameter (about the size of an eraser on a pencil)



Most moles are harmless but if you notice any mole or marking that stands out from your others, please contact your GP or specialist nurse.



The circled area is a melanoma, the rest are harmless seborrhoeic warts



Do not forget to check the soles of the feet and between the toes