

## HOW TO CHECK YOUR SKIN

Check your whole body, front and back, for any changes or suspicious looking spots.

Stand in front of a full-length mirror, with a hand mirror for those hard-to-reach places, paying particular attention to areas exposed to the sun.

- 1 Look at your face, including your eyes and eyelids, nose, lips, mouth and on and behind your ears.
- 2 Check your scalp, using a comb to part your hair. Check your entire scalp very thoroughly.
- 3 Check the front and back of your hands, your nails, and in between your fingers.
- 4 Then focus on your neck, chest, and upper body. Women, be sure to check between and underneath your breasts.
- 5 Bend your elbow to check your upper arm and armpit.
- 6 Use your hand mirror to check the back of your neck and your back, top and bottom.
- 7 Check your buttocks and the back of your legs. Finish by checking the soles of your feet, your toenails and in between your toes.

If you notice any warning signs, make an appointment to see a doctor straight away and they will advise on what to do next.

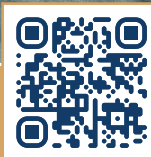


## QUESTIONS TO ASK YOUR CARE TEAM

- Can they provide a summary of your treatment?
- How regular will your follow-up appointments be?
- Will you need to have any tests and how often?
- Will your follow-up care be in-person?
- What side-effects might you experience?
- Who should you speak to if you have questions?
- How can you reduce the risk of the cancer returning?
- What local support services are available?
- Who should you contact if you notice a warning sign or have new symptoms?
- How should you arrange for your blood relatives to get checked?



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# TAKE ACTION TO PROTECT YOURSELF AGAINST SKIN CANCER



## CHECK YOUR SKIN AND WATCH FOR SIGNS OF CHANGE.

If you notice any warning signs, don't delay. Make an appointment to see your doctor straight away.

If you've had skin cancer before, you're at greater risk of getting it again.<sup>1,2</sup>

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## THE WARNING SIGNS: WHAT SHOULD YOU LOOK FOR?

Check your skin once a month for spots that:

- **Appear different to the rest** (the 'Ugly Duckling' sign)
- **Change size, colour and/or shape**
- **Are asymmetric or have uneven borders**
- **Feel rough or scaly** (sometimes you can feel lesions before you can see them)
- **Are multi-coloured**
- **Are itchy**
- **Are bleeding or oozing**
- **Look like a wound but do not heal**

## MELANOMA: KNOW YOUR ABCDE

Early detection and treatment of melanoma is important.

Melanoma has its own warning signs, known as the ABCDE rules:

	BENIGN	MALIGNANT
<b>A</b> Is the spot asymmetric?		
<b>B</b> Does it have uneven borders?		
<b>C</b> Does it contain different colours?		
<b>D</b> Is it larger than 6mm in diameter		
	BEFORE	AFTER
<b>E</b> Is there an evolution in size or appearance		

If you notice any warning signs, make an appointment to see a doctor straight away and they will advise on what to do next.

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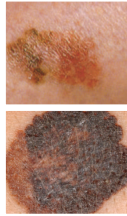
## RECOGNISING SKIN CANCER

### 4 main types of suspicious skin lesion

#### Melanoma

**This is the least common form of skin cancer, but also the most dangerous.**

It can affect people of any age, unlike other types that are more common among older people. It presents as a spot that becomes darkly pigmented or develops irregular edges or different colours over time, or as a rapidly-growing pink or red lump. It can spread internally, so immediate treatment is required.



#### Basal cell carcinoma

**This is the most common form of skin cancer, but also the least dangerous.**

It typically presents as an elevated skin coloured lump with a shiny, pearl-like edge, a wound that does not heal, or a slightly crusty lump that grows slowly over time. If left untreated, it may ulcerate and invade deeper tissues.

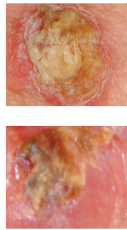


#### Squamous cell carcinoma

**This is the second most common form of skin cancer, occurring in areas of the skin that have had a lot of sun exposure, such as the face and scalp.**

It presents as a crusty lump which may grow quickly and become ulcerated and weepy. It can spread rapidly, especially if on the lips, ears, fingers and toes, or in immunosuppressed patients.

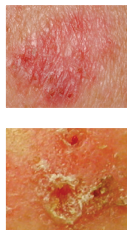
Surgical treatment to remove the lesions is essential.



#### Actinic keratosis

**This occurs most commonly in middle-aged and elderly people, on areas most exposed to the sun such as the face, neck, ears, back of the hands and scalp.**

It presents as red-brown scaly and rough patches of skin. Lesions should be treated to prevent progression; if left untreated, some lesions will develop into Squamous Cell Carcinomas – a type of skin cancer (60% of SCC evolve from AK lesions).<sup>5</sup>



## DELAYING TREATMENT CAN COST LIVES

Skin cancer is one of the world's most common cancers<sup>3</sup> and it's also the most treatable if caught early. **But many people delay seeing a doctor after spotting the warning signs.**<sup>4</sup>

Surveyed dermatologists said that more than half of their patients could have been treated successfully if they had sought treatment immediately.<sup>4</sup>

Consistent self-examination and regular doctor's checks are essential. They can greatly improve your peace of mind and increase the likelihood of successful treatment if a skin cancer arises or an old cancer returns.



**Regular skin checks and addressing any changes early will increase the chance of successful treatment.**

## RECOVERING FROM SKIN CANCER

### Support your physical and emotional recovery:

#### Look after your skin

Avoid prolonged exposure to sunlight, especially between 10am and 4pm. Cover up and use high-factor sunscreen with UVA and UVB protection. Some medicines can cause additional sun sensitivity so speak to your doctor for advice. Stay vigilant and check your skin regularly for signs of change.



#### Look after your body

Make sure you attend all appointments with your care team, to monitor your progress and minimise the risk, if your cancer were to return. You can also support your overall recovery by eating a well-balanced diet and setting small exercise goals, with guidance from your doctor.



#### Look after your mind

Attending your follow-up appointments can help you feel more in control of your recovery. You might also find visiting a local support group helpful, along with activities like journaling, socialising, and doing things you enjoy. Everyone's process is different so go at your own pace.



### Care and support

Depending on your situation, your post-treatment care might include follow-up appointments, tests, or discussing how to keep healthy and build your strength. Your care team are there to support you, so don't be afraid to ask questions or seek advice when you need it.

See the back of this leaflet for a list of questions to ask your care team.

A good support network is another essential part of your post-treatment journey and might include friends, family, or a support group. Having the right people in place will help you stay on track with both your physical and emotional recovery.



**Tip:** Talking openly and honestly with people you trust can lighten your emotional load. Your loved ones might be unsure of what to expect, so telling them how you feel could make them more comfortable too.

<sup>1</sup> Melanoma, Version 2:2016, NCCN Clinical Practice Guidelines in Oncology. D. Coit et al., August 2016. PMID: 27059193, DOI: 10.6004/jnccn.2016.0051

<sup>2</sup> Basal cell and squamous cell skin cancers. S. Miller et al., August 2010. PMID: 20870631, DOI: 10.6004/jnccn.2010.0062

<sup>3</sup> International Agency for Research on Cancer

<sup>4</sup> Euromelanoma survey of 1,347 dermatologists, November 2014 - March 2015

<sup>5</sup> Thamm J, et al. Diagnosis and therapy of actinic keratosis. March 2024. doi:10.1111/ddg.15288. PMID: 38456369