

## What to do next?

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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](http://www.euromelanoma.org)  
[www.santé.lu](http://www.santé.lu)

### 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 ( $\geq 30$ ) 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)

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**see it,  
stop it!**



LE GOUVERNEMENT  
DU GRAND-DUCHÉ DE LUXEMBOURG  
Ministère de la Santé  
Direction de la Santé



# 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.**

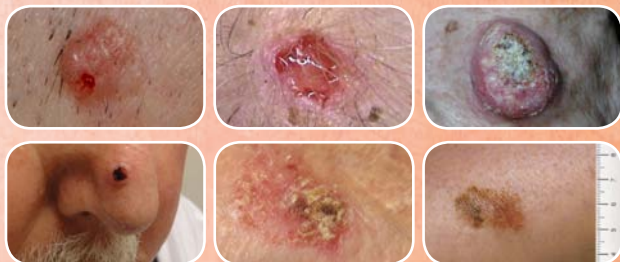
**If in doubt, consult your dermatologist.**

## 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

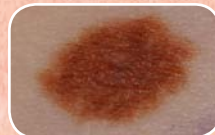
**Look for the warning signs of skin cancer, and if you see any, do not delay to visit your dermatologist!**



## 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**?

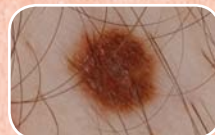


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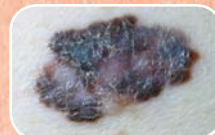


malignant

**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.