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# SKIN CANCER AWARENESS

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## SKIN CANCER AWARENESS 2022

There are 2 main types of skin cancer: Non melanoma skin cancer (which includes basal cell skin cancer, squamous cell skin cancer and other rare types) and melanoma skin cancer. This section is about melanoma skin cancer.

Melanoma is a type of skin cancer. It develops from skin cells called melanocytes.

### **Skin cancer symptoms**

Skin cancers can look very different and the symptoms can vary. Some of the symptoms are similar to other conditions.

Common symptoms of skin cancer to look out for;

- An ulcer or sore that doesn't heal within 4 weeks
- A freckle or mole that looks unusual
- A lesion that hurts, itchy, bleeds, crusts or scabs for more than 4 weeks
- A lump that may be slow growing that is shiny and pink or red
- Red itchy patches of skin

### **Risks and causes**

Most cases are related to long or short episodes of sun exposure and burning, however other factors can also contribute to a higher risk such as;

Age, Fair skin, Sunbeams, previous skin cancer episodes, Family history, certain skin conditions such as Eczema and other risks such as; occupations involving chemicals, weakened immune system, human papilloma virus, birthmarks, exposure to radiation and a rare genetic inherited condition called naevoid basal cell carcinoma syndrome.

### **Top tips for sun exposure**

- Wear protective clothing and UV sunglasses
- Stay in the shade between 11-3
- Keep babies and young children out of the sun
- Use Factor 50 sunscreen for Children and at least Factor 30 for Adults
- Seek the advice of a Medical professional if you notice any changes to a mole

For more information on the Dermatology services available at the centre; call the team on 0121 308 7774 or email [admin.team@suttonmed.co.uk](mailto:admin.team@suttonmed.co.uk)