



SKINCANCER
FOUNDATION
OF SOUTH AFRICA
www.skincancerfoundation.co.za

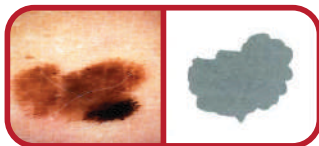
Malignant

Melanoma

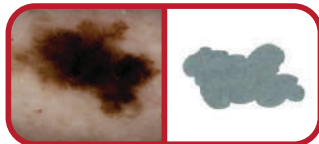
Skin cancer can be divided into 2 major categories. These are melanoma and non-melanoma.

Melanoma is a potentially life-threatening and aggressive cancer. The good news is that if detected and treated early it can be cured. Its progression, however, is faster than other types of skin cancer, spreading beyond the skin and affecting other parts of the body like bones or brain. This highlights the need to be vigilant when checking skin for changes and having annual dermatologist screenings. Melanoma can begin in either highly pigmented (like birthmarks) or normally pigmented skin. Whilst it is most common for it to appear on the torso or limbs, it can also occur on the palm of the hand, soles of the feet, under a finger or toe-nail, in the eyes and very rarely on internal surfaces.

Infrequent and excessive sun exposure that causes sunburn is associated with melanoma and other skin cancers. Just one blistering sunburn in childhood can double the risk of developing melanoma later in life. In darker African skin the higher risk sites are the sole of the foot, the palm of the hand and nail beds, so any pigmented changing lesion on these sites should be checked by a dermatologist. Follow the ABCDEs and protect yourself and your family. The Skin Cancer Foundation of South Africa is here to help and educate. Please spread the word and help us prevent skin cancer.



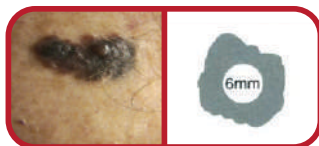
A Asymmetry
One half unlike the other half.



B Border
Irregular, scalloped or poorly defined border.



C Colour
Varied from one area to another, shades of tan and brown, black, sometimes white, red or blue.



D Diameter
While melanomas are usually greater than 6mm diameter (the size of a pencil eraser) when diagnosed, they can be smaller. If you notice a mole different from others, or which changes, itches, or bleeds (even if it's small) you should see a dermatologist.

E Evolution

The evolution (change) within a mole is an important factor to consider when it comes to the early identification of progression to melanoma. Checking your skin regularly, and therefore knowing where your moles are and what they look like, is very important. This will allow you to identify new moles that have not been there before, or moles that are changing size and shape. If you see any moles that change shape or size - you need to go to your dermatologist immediately. Patient with many or difficult moles may wish to consider mole mapping that is a combination of dermoscopy (specialised subsurface evaluation of lesions) and photographic documentation of the sites of moles.
Look for danger signs in pigmented lesions of the skin.
Consult your dermatologist immediately if any irregular, scalloped or poorly shaped moles or pigmented spots exhibit any of the ABCDEs. They may be signs of a malignant melanoma.

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Consult your dermatologist immediately if any irregular, scalloped or poorly shaped moles or pigmented spots exhibit any of the ABCDEs

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What you'll need...

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A BRIGHT LIGHT, A FULL-LENGTH MIRROR, A HAND MIRROR, TWO CHAIRS OR STOOLS, AND A BLOW-DRYER



1 Examine head and face, using one or both mirrors. Use blow-dryer to inspect scalp.



2 Check hands, including nails. In full-length mirror, examine elbows, arms, underarms.



3 Focus on neck, chest, torso. Women: Check under breasts.

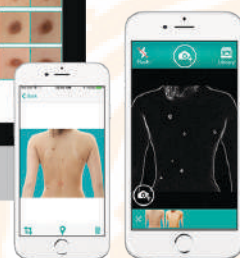
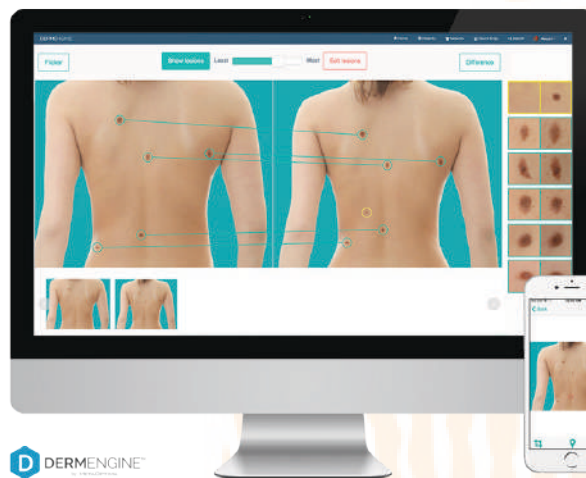


4 With back to mirror, use hand mirror to inspect back of neck, shoulders, upper arms, back, buttocks, legs.



5 Sitting down, check legs and feet, including soles, heels, and nails. Use hand mirror to examine genitals.

Molemapping/Demoscopy is an advanced assessment format by Dermatologists.



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