SKIN CANCER
How to spot the signs and symptoms

www.belfastskinclinic.com
Belfast Skin Clinic is Northern Ireland’s first dedicated centre of excellence in Dermatology.

Our clinic is purpose-built and specifically designed to deliver world-class private healthcare. Led by Dr Pamela McHenry and her team of clinical and managerial staff, the Belfast Skin Clinic is committed to providing every patient with the highest standard of care.

Contents

Skin cancer 3
7 things to know 4
A guide to checking your skin 5
The ABCD easy way to check moles 6
Melanoma 7
Know the facts about common skin cancers 8 - 9
Are you at risk? 10
Save our skin 11
Sun Awareness 12
Occupation & Lifestyle risk factors 13
You only get one skin 14
Fotofinder 15 - 19

Belfast Skin Clinic offers the latest diagnostic technology and treatment for all aspects of Dermatology and Associated Specialties.

The clinic is located in South Belfast with easy access to all major routes.
MORE PEOPLE HAVE HAD SKIN CANCER THAN ALL OTHER CANCERS COMBINED.

At Belfast Skin Clinic we believe early detection of skin cancer is essential. This is why we offer SkinCheck, a mole scanning and skin cancer screening service.

Skin Cancer Concerned?

Do you have concerns about a new or non-healing lesion, or any moles which have changed in size, shape or colour? SkinCheck is now available to provide a complete skin cancer screening service. This involves a detailed examination of your skin by a Consultant Dermatologist to give you peace of mind and ensure early detection of any problems.

It is better to check for skin related problems before any skin cancer symptoms arise.

If you have moles you may be advised to have a total body scan. We are delighted to have Northern Ireland's first Total Body Mole Scanner. Any lesions or moles requiring excision can be removed in our state of the art operating theatre.

Skin cancer is a growing problem.

Skin cancer is the most common form of cancer in the UK, and rates continue to rise. At least 100,000 new cases are now diagnosed each year in the UK and the disease kills over 2,500 people each year - that’s seven people every day or 50% more than die on our roads. Rates of malignant melanoma are rising faster than any other type of common cancer.

Check your skin for signs of cancer. If you see any mole or spot on your skin that is changing, itching or bleeding, see one of our dermatologists. When caught early, skin cancer is highly treatable.

For more information or to book an appointment, please visit our website at www.belfastskinclinic.com or call us on 028 9066 7077. 18 Deramore Drive, Belfast, BT9 5JQ, N.Ireland. Approved by RQIA and all leading Insurance companies.
7 THINGS TO KNOW about sun exposure

1. Between 1/2 and 3/4 of our total lifetime sun exposure is before the age of 18.

2. Children’s skin is delicate and prone to sun damage.

3. Tanning and sunburn both indicate sun damage.

4. Skin cancer is the most common cancer in Northern Ireland and it is becoming more common.

5. Ultraviolet (UV) radiation can pass through thin cloud and cause skin damage and burning.

6. Sand, water and snow can reflect UV radiation and cause burning.

7. Children are usually unaware of their skin burning and need constant reminders to take care in the sun.

You don’t have to go to a sunny country to damage your skin.
A GUIDE TO CHECKING YOUR SKIN

Most skin cancers can be cured if detected early. The best way to detect skin cancer is to check your skin regularly, about once a month. You should examine the skin all over your body, from top to toe.

Look out for moles or patches of skin that are growing, changing shape, developing new colours, inflamed, bleeding, crusting, red around the edges, particularly itchy, or behaving unusually.

If in doubt, check it out!

You should tell your doctor about any changes to a mole or patch of skin. If your doctor thinks you have a skin cancer or is not sure, they can refer you to see a skin cancer specialist, usually a Consultant Dermatologist, who is an expert in diagnosing and treating skin cancer.
THE ABCDEASY WAY TO CHECK MOLES

There are two main kinds of skin cancer: melanoma and non-melanoma skin cancer and each looks different. Melanoma is the less common but more deadly type of skin cancer.

Melanomas can develop from existing moles, but they can also appear as new ‘mole-like’ marks on normal skin.

This guide tells you a few of the signs that might indicate a melanoma. You should tell your doctor about any changes to your moles or skin, even if they are not the same as those described here.

**ASYMMETRY**
The two halves of the mole may differ in their shape and not match.

**BORDER**
The outside edges of the mole or area may be blurred, and sometimes show notches or look ‘ragged’.

**COLOUR**
This may be uneven and patchy. Notice new colours appearing. Different shades of black, brown, pink and even purple may be seen.

**DIAMETER**
Melanomas will progressively change. If you see any mole, or ‘mole-like’ mark getting bigger over a period of weeks to months, tell your doctor.

**EXPERT**
Look out for change, and if in doubt, get it checked out by your doctor. If your doctor thinks you have a melanoma or is not sure, they can refer you to see a skin cancer specialist, usually a Consultant Dermatologist, who is an expert in diagnosing and treating skin cancer.

Is your mole changing? If in doubt, check it out!
MELANOMA

Melanoma, the most serious type of skin cancer, develops in the cells (melanocytes) that produce melanin.

Melanoma 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.

The exact cause of all melanomas isn’t clear, but exposure to ultraviolet (UV) radiation from sunlight or tanning lamps and beds increases your risk of developing melanoma. Limiting your exposure to UV radiation can help reduce your risk of melanoma.

The risk of melanoma seems to be increasing in people under 40, especially women. Knowing the warning signs of skin cancer can help ensure that cancerous changes are detected and treated before the cancer has spread. Melanoma can be treated successfully if it is detected early.

Never let your skin burn, whatever your skin type!
KNOW THE FACTS ABOUT COMMON SKIN CANCERS: NON-MELANOMA

There are two main kinds of skin cancer: melanoma, and non-melanoma.

This section deals specifically with the more common, non-melanoma types of skin cancer. The biggest cause of skin cancer is too much exposure to UV light from the sun or sunbeds.

Non-melanoma skin cancers are not connected to moles and are less serious than melanoma because they are less likely to spread to other parts of the body. Most can be effectively treated and cured if detected early.

The two most common types of non-melanoma skin cancer are called Basal Cell Carcinoma (BCC), and Squamous Cell Carcinoma (SCC).

1. **BASAL CELL CARCINOMA (BCC)**

   Basal Cell Carcinoma is the most common type of skin cancer in the UK. It is very slow growing and very rarely, if ever, spreads to other parts of the body. Treatment becomes more complicated if a BCC has been neglected for a long time, or if it is in an awkward place such as near the eye, nose or ear. It is important to get a BCC treated early to stop it from growing back.

2. **SQUAMOUS CELL CARCINOMA (SCC)**

   Squamous Cell Carcinoma is the second most common type of skin cancer in the UK. It usually grows slowly, and is less likely than melanoma to spread to other parts of the body. However, it is more serious than a BCC because if left untreated there is a small risk (2-10%) that it can spread to other parts of the body, which could be fatal.
WHERE should I look?
Non-melanoma skin cancers can occur on any part of the body, but are most common on areas of skin that are most often exposed to the sun such as your head and neck [including lips and ears] and the backs of your hands. They can also appear where the skin has been damaged by X-rays, and on old scars, ulcers, burns and persistent wounds.

WHAT should I look for?
Non-melanoma skin cancers vary greatly in what they look like. They tend to appear gradually on the skin, and slowly get bigger over time. They will not go away on their own without treatment.

WHAT should I do if I find something?
If you notice any of the warning signs listed on this leaflet, or if you are worried about any other changes taking place on your skin, even if they are not the same as those described here, you should tell your doctor as soon as possible.

If your doctor thinks you have a skin cancer or is not sure, they can refer you to see a skin cancer specialist, usually a Consultant Dermatologist, who is an expert in diagnosing and treating skin cancer.

Some of the possible signs to look out for include:

- A scab or sore that won’t heal. It may also bleed occasionally
- A scaly or crusty patch of skin that looks red or inflamed
- A flesh coloured, pearly lump that won’t go away and appears to be growing in size
- A lump on the skin which is getting bigger and that may be scabby
- A growth with a pearly rim surrounding a central crater, a bit like an upturned volcano
ARE YOU AT RISK?

Some people are more at risk of developing skin cancer than others. This is why we recommend that you get to know the most common risk factors.

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>MELANOMA</th>
<th>NON-MELANOMA</th>
</tr>
</thead>
<tbody>
<tr>
<td>SKIN COLOUR/TYPE</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>People with pale skin who are prone to burning. They often have light or red coloured hair and freckles. It is extremely rare for black people to get skin cancer in the UK.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUNBURN</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Those who have suffered past cases of severe sunburn especially with blisters [particularly in childhood].</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UNUSUAL MOLES</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>People who have many unusual [atypical] moles. They tend to be larger than ordinary moles, to be present in large numbers, and to have irregular shapes or colour patterns.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>FAMILY HISTORY</td>
<td>✓</td>
<td>✗</td>
</tr>
<tr>
<td>Those with a close family member who has had a melanoma.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PREVIOUS SKIN CANCER</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>People who have already had a skin cancer.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IMMUNE SYSTEM</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>People with a supressed immune system [E.g. those taking medication after an organ transplant, or by treatment for leukaemia or a lymphoma.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OCCUPATION &amp; LIFESTYLE</td>
<td>✗</td>
<td>✓</td>
</tr>
<tr>
<td>People who have had a lot of overall exposure to the sun [even without burning] throughout their lives, such as people with outdoor hobbies or outdoor workers.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUNBED USE</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Those who use or have used sunbeds.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SUNBATHING</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>People who regularly sunbathe or have done in the past.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>AGE</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Skin cancer is uncommon in children, and your risk of developing all types of skin cancer increases with age. However, you can still get skin cancer when you are relatively young.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Especially for Squamous Carcinoma (SCC)

**If in doubt, check it out!**

You should tell your doctor about any changes to a mole or patch of skin. If your doctor is worried about something on your skin they can refer you to see a skin cancer specialist, usually a Consultant Dermatologist, who is an expert in diagnosing and treating skin cancer.
SAVE OUR SKIN

SLIP ON A SHIRT
Protect your skin with clothing, and don’t forget to wear a hat that protects your face, neck and ears and a pair of UV protective sunglasses.

SEEK OUT SHADE
Step out of the sun before your skin has a chance to redden or burn. Keep babies and very young children out of direct sunlight. When the weather is warmer, spend time in the shade between 11 am and 3 pm when the sun is at its brightest.

SLAP ON SUNSCREEN
When choosing a sunscreen, look for:
- High protection SPF (ideally SPF 50) to protect against UVB rays from the sun, which cause sunburn.
- The UVA circle logo and/or 4 or 5 UVA stars, to protect against UVA rays, which cause skin ageing and sun damage.

Apply plenty 15 to 30 minutes before going out in the sun, and reapply every two hours and straight after swimming and towel-drying.

DON’T GET CAUGHT OUT, NEVER LET YOUR SKIN BURN!
Not everyone’s skin offers the same level of protection in the sun. If you are pale skinned and burn easily you are at greater risk and need to take extra steps to protect your skin from sunburn and sun damage.
Sun Awareness is the British Association of Dermatologists’ annual campaign to raise awareness of skin cancer.

Be SunSmart.
See beyond the tan

Tanned Skin
Tanned skin is not a sign of good health, it is your skin trying to protect itself from more UV damage

Sunbed
Every time you use a sunbed you damage your skin. This damage ages the skin causing wrinkles to appear and can lead to skin cancer. Using a sunbed once or more a month can increase the risk of skin cancer by more than half. It is an offence to allow people under the age of 18 to use sunbeds.

www.sunsmart.org.uk

Stay out of the sun between eleven and one!
You are more at risk of developing skin cancer if you have had a lot of overall exposure to the sun (even without burning) throughout your life, such as those with outdoor hobbies or outdoor workers.

Overexposure to ultraviolet (UV) radiation from the sun is a major cause of skin cancer. UV radiation from the sun can’t be seen or felt and it can damage your skin even on cool or cloudy days.
YOU ONLY GET ONE SKIN
so protect it from sun damage

You only get one skin. It is your most precious garment, so look after it.

Remember that the sun shines everywhere and that harmful UV rays can still damage your skin, even when it doesn’t feel hot outside.

Skin cancer can be treated, and early diagnosis makes the chances of a full recovery very high. If you spot a suspicious lesion, it is vital that you have it checked by a dermatologist as soon as possible.

Where treatment is delayed, the condition worsens, and in some instances, can lead to disfigurement, complications and even death. Don’t let delay reduce your chances of a positive outcome.

The golden rules are:

- Don’t ignore it, hoping it will go away
- Don’t wait to see how it develops, or manage it yourself
- Don’t assume it’s nothing serious
- Don’t think it isn’t a priority to get it sorted
- And above all, don’t be afraid to see your dermatologist

Find out more at cruk.org.uk/sun
EARLY DETECTION OF SKIN CANCER
With Leading Medical Technology

At Belfast Skin Clinic we have Northern Ireland’s first total body mole scanner.

The best protection against skin cancer.

Skin cancer is curable if it is detected early enough. The biggest risk factors are excessive exposure to sunlight and a family history.

Thanks to state-of-the-art medical technology we help you to keep an eye on your skin by means of a special mole screening procedure.
SKIN CANCER SCREENING WITH FOTOFINDER:

- Monitoring of the entire skin and each individual mole.
- Examination and analysis from head to toe.
- Regular check-ups will show any changes in the early stages.
- No unnecessary surgery.

Maintain An Overview

In terms of safety and peace of mind, the advantages of skin cancer screening are obvious. With our regular check-ups we are able to maintain an overview of your existing and new moles.

Once images have been taken, they can be compared with new images time and time again. Minute changes are immediately evident and can be diagnosed early on.
TOTAL BODY MAPPING

A “map” of your skin

Imagine your skin as a landscape. Total Body Mapping captures the entire skin surface long-term.

We use a high-tech system to create a map of your moles (“body map”) and take photographs of your body systematically – from head to toe and from all sides – within a few minutes.

The special software allows us to obtain a full evaluation of new or changed lesions instantly during your check-up. It goes without saying that your data will be treated as confidential.
Digital Dermoscopy
Individual mole analysis

In addition, conspicuous moles are also dermatoscopically documented.

Using a special video epiluminescence microscope, we create highly magnified images of your moles, which clearly show the mole structure. This way, one can see whether the mole is suspicious or not.

You will be able to observe the absolutely pain-free examination on the screen. During the check-ups even minute changes of your moles will be visible.

Am I a
High-risk Patient?

If you answer “yes” to any of these questions, please contact us!

- Are you a light skin type that reacts sensitively to sunlight?
- Do you have a particularly large number of moles?
- Do you have large congenital moles?
- Do you have atypical moles or moles that have recently changed?
- Did you get sunburn as a child or adolescent?
- Is there a history of skin cancer in your family?
- Did you already have skin cancer?
- Are you exposed to strong sunlight at regular intervals?
At Belfast Skin Clinic we use FotoFinder, the leading system for skin cancer screening. Please contact us for details regarding costs and benefits of the screening measures.

Particular caution is needed with:

- Newly developed moles
- Changes in colour, e.g. lighter, darker and new shades
- Increase or decrease of size, thickness or height of raised moles
- Changes in the surrounding area of moles, e.g. redness, white discolouration, swelling
- Unusual sensations, e.g. itchiness, burning, foreign body sensation
- Bleeding moles

At Belfast Skin Clinic we use FotoFinder, the leading system for skin cancer screening. Please contact us for details regarding costs and benefits of the screening measures.

If you have observed any changes to your skin please make an appointment to see us!

We acknowledge the information in this leaflet is compiled from content produced by the British Association of Dermatologists, Cancer Research UK and the Irish Cancer Society.
Belfast Skin Clinic offers the latest diagnostic technology and treatment for all aspects of Dermatology and Associated Specialties.

The clinic is located in South Belfast with easy access to all major routes.

For more information or to book an appointment, please call us on 028 9066 7077 or visit our website at www.belfastskinclinic.com

18 Deramore Drive, Belfast, BT9 5JQ, N.Ireland. Approved by RQIA and all leading insurance companies