

# LIVE & LEARN

# LEARN TO LIVE

Use this space to write down the next steps on your journey:

Who could you speak to for support?

How can you look after your body and mind?

If you have had skin cancer, know your skin and watch for signs of change.

Get your support system in place and start making positive, healthy changes to look after your body and mind.

## What to look for

Check your skin once a month for spots that:

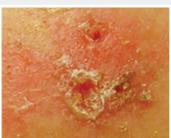
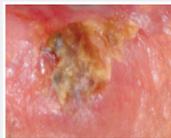
- **Appear different to the rest** (the 'Ugly Duckling' sign) 
- **Change size, colour and/or shape**
- **Are asymmetric or have uneven borders**
- **Feel rough or scaly** (sometimes you can feel lesions before you can see them)
- **Are multi-coloured**
- **Are itchy**
- **Are bleeding or oozing**
-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

If you see two or more of these warning signs, don't delay. Visit your doctor immediately.

## 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. The lesions can be pre-cancerous; in 10 – 15% of cases they may develop into squamous cell carcinomas, so they should be treated to prevent progression.

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## Signs of Melanoma

Because melanoma is particularly serious, you should be familiar with the signs to look for.

The **ABCDE** of melanoma can help you to detect it early:

<b>A</b>	<b>Is the spot asymmetric?</b>	Benign	Malignant
<b>B</b>	<b>Does it have uneven borders?</b>	Benign	Malignant
<b>C</b>	<b>Does it contain different colours?</b>	Benign	Malignant
<b>D</b>	<b>Is it larger than 6mm in diameter</b>	Benign	Malignant
<b>E</b>	<b>Is there an evolution in growth?</b>	Before	After

### Stay vigilant

Look out for spots or marks on your skin that appear different from the rest (the 'Ugly Duckling' sign).

Regular skin checks and addressing any changes early will increase the chance of successful treatment if your cancer were to return.

## How and where to look

**Check your skin once a month for any changes or suspicious-looking spots.**

Your check should cover your whole body, front and back, with particular emphasis on areas exposed to the sun. Stand in front of a full-length mirror with a hand mirror for those hard-to-reach places.

- 1 **Look at your face, including your nose, lips, mouth and on and behind your ears.**
- 2 **Check your scalp, using a comb to part your hair. If you do not have much hair, check your entire scalp very thoroughly.**
- 3 **Check the front and back of your hands 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 and in between your toes.**

## Take healthy steps...

**Practical advice to help your physical and emotional recovery:**

### Look after your skin

Avoid prolonged exposure to sunlight, especially between 11am and 3pm. 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.

**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.

## Your 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.**

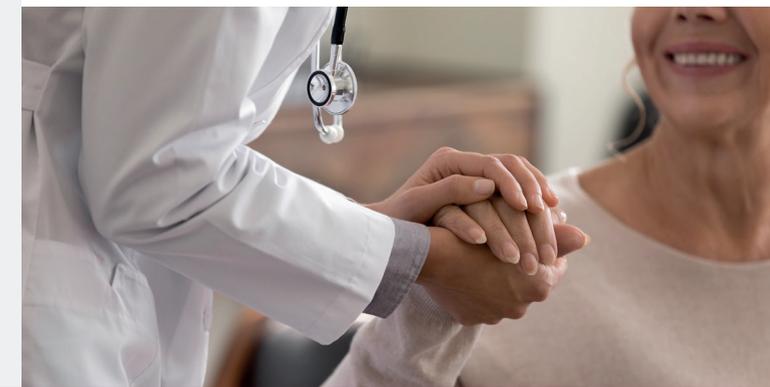
Questions to ask your care team



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.**

Tips for talking to loved ones



For more advice, visit our website: [www.euromelanoma.eu/life-after-skin-cancer](http://www.euromelanoma.eu/life-after-skin-cancer)