

Preventing Skin Damage



- **Cover** your skin with clothing, like long-sleeved tops, hats, and sunglasses
- Generously apply sunscreen of **SPF 30+ or above** to any exposed skin
- Do not forget ears, lips, scalp parting, and the back of your neck
- **Reapply** sunscreen **every 2 hours**, or if your skin gets wet
- Try to stay in the **shade**
- **Don't** use sunbeds or sunlamps

It is important to protect your skin from sun damage, *even when it's cloudy*. The sun can still cause damage, increasing the risk of skin cancers.



What To Do Next

If you think you might have skin cancer, it is important to speak to your GP.

Your GP will ask about your symptoms, and may then refer you to a dermatologist, who is a skin health specialist.

If required, the medical team will then provide you the most appropriate diagnosis and treatment.

Scan for some helpful resources



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Be Skin Health Aware: How to spot changes and protect your skin

Although the sun provides us with benefits, too much of it can harm our skin. Over time this can become skin cancer. Found early, most skin cancers are treatable.

This leaflet shares signs to look out for, what to do if you suspect you have skin cancer, and how to enjoy the sun while protecting your skin.



Basal Cell Carcinoma

Basal cell carcinoma is the **most common** skin cancer in the UK.

Thankfully, they **rarely spread**.

Here are some symptoms you should look out for:

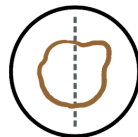
- A **shiny**-looking bump
- **Pink** or red
- Slow **growing**
- Bleeding
- Ulcer
(a sore that crusts or bleeds)
- **Does not heal**



Melanoma

Melanoma comes from the pigment cells in your skin. It is the skin cancer that can spread the fastest.

If you have any moles on your skin, there are signs you can look out for to help you identify if it may be melanoma:



A for Asymmetry.
the mole is not a clear circle



B for Border.
the edge of the mole is jagged and not clear



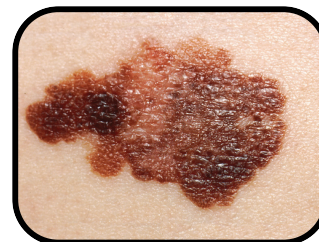
C for Colour.
the mole has different colours or shades in it



D for Diameter.
the mole is greater than 6 millimetres.



E for Expert.
If it is evolving or has new elevation, visit your GP.



Melanoma can also appear under nails, on palms, or soles!

Squamous Cell Carcinoma

Squamous cell carcinoma is the second most common skin cancer.

They can spread, but less often than melanomas.

Here are some signs you should look out for:

- red or pink lump
- scaly
- crusty
- ulcer that bleeds easily

They can occur on any part of the skin but are more common on sun exposed areas - scalp, ears, lips, face and back of the hands.

