



Skin Cancer Check

Here's some basic information detailing what happens during a skin cancer check.

Why?

To detect skin cancer early by examining the skin for unusual growths, moles, or changes.

Preparation?

No Special Preparation Required

- It's usually recommended to avoid tanning or excessive sun exposure before the check.
- Avoid wearing any makeup or nail varnish if possible
- Avoid heavy creams or oils
- Wear Loose Clothing. This makes it easier for you to remove your clothes.

What happens?

Medical History Review: The doctor will ask about your medical history, family history of skin cancer, and any skin changes or concerns you may have noticed.

Skin Examination: The examination typically involves a visual inspection. The doctor will examine your skin, including areas that are often overlooked, like your scalp, between your toes, and under your nails.

Dermatoscopy: Special tools may be used to get a closer look at moles or spots and record them or get AI assessment

Things to look for/be aware of/bring to the doctor's attention

- **Asymmetry:** One half of a mole doesn't match the other.
- **Border:** Irregular, scalloped, or poorly defined edges.
- **Colour:** Varied colours (brown, black, tan, white, red, or blue).
- **Diameter:** Larger than 6mm (about the size of a pencil eraser).
- **Evolving:** Changes in size, shape, or colour over time.

Biopsy

If suspicious areas are found, the doctor may perform a biopsy, which involves removing a small sample of skin for laboratory analysis under the cover of local anaesthetic

Discussion of Findings

After the examination, the doctor will discuss the findings with you, explain any next steps, and answer questions.

Frequency of Skin Checks

- Recommended annually for those at higher risk (fair skin, history of sunburns, or family history of skin cancer).
- More frequent checks may be necessary if you have a personal history of skin cancer.

Tips for Skin Health

- Regular self-examinations at home.
- Use broad spectrum sunscreen with at least SPF 30.
- Avoid tanning beds.
- Wear protective clothing and seek shade during peak sun hours.

This sheet provides a general overview and may vary based on individual circumstances and healthcare provider recommendations.