



TIPS FOR SELF-EXAMINATION

Skin cancer is a very common tumour, which can affect people of all ages which effects continues to grow year after year in our environment. There are different types of skin cancer with very different prognosis, the most common are the basal cell carcinoma, spinocellular carcinoma and malignant melanoma. Surgery is the usual treatment of choice and early detection and treatment of these lesions is often accompanied by a cure with good cosmetic results.

But remember that the best treatment for skin cancer is prevention. We should know that some circumstances increase the risk of developing skin cancer, including:

People with fair skin, light eyes and red/blonde hair with a tendency to sunburn (not tanning) when exposed to sunlight.

- Outdoor occupations and or a history of prolonged sun exposure.
- A history of frequent childhood sunburn.
- Personal or family history of skin cancer.
- Presence of congenital moles/nevus or acquired during growth, especially if they are large or numerous.
- Presence of signs of severe sun damage and/or multiple actinic keratoses.
- Immunocompromised, including transplant recipients on immunosuppressive therapy.

If you are in these risk groups you should take into consideration the following recommendations:

1º) Consult your doctor and follow periodic reviews indicated.

2º) Periodically explore your skin thoroughly, do not hesitate to see your doctor if you notice any of the following symptoms:

- Redness or scab of long duration which size increases.
- Wound or ulcer of long duration from an unknown cause.
- Pigmented lesions of recent appearance.
- Long evolution of a pigmented lesion which presents gradual changes in size, colour, shape or associated with itching or spontaneous bleeding.