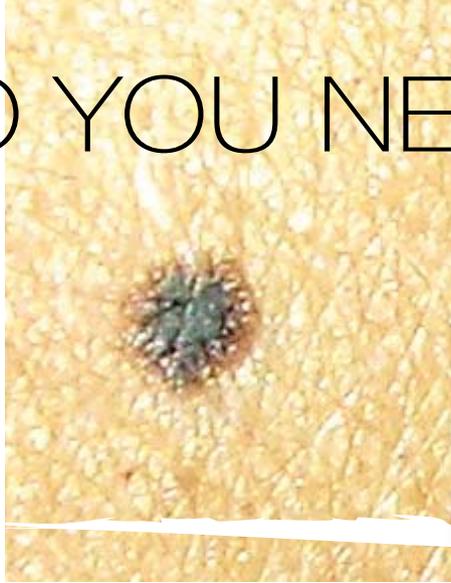


# DO YOU NEED TO HAVE



## SKIN CANCER IS NOW ONE OF THE MOST COMMON CANCERS IN THE UK AND THERE ARE APPROXIMATELY 70,000 NEW CASES ANNUALLY.

Malignant melanoma, often just referred to as melanoma, is the most serious form of skin cancer affecting approximately 7,000 people in the UK each year. Unfortunately, 1 in 4 of those affected die, however, if detected before it has spread to other parts of the body (metastasized), melanoma is completely curable.

If you have moved to a climate with considerably more hours of sunshine, it is likely that you have increased your risk of developing skin cancer. As with all cancers, early detection is of paramount importance if treatment is to be successful.

**MOLECHECK**, based in **MARBELLA CLINIC**, is the Costa del Sol's first dedicated skin cancer screening service. At **MOLECHECK** our client's moles are screened using a technique called "dermoscopy". This is painless, safe and completely non invasive. During the process a specialist nurse will examine your moles to determine if any appear abnormal. These moles are then scanned using the advanced **MicroDerm Expert System**® and referred to a dermatologist where necessary.

## WHO IS AT RISK OF DEVELOPING SKIN CANCER?

We are all at risk of developing melanoma as there is one over-riding risk factor that we are all exposed to and that is the ultraviolet light or radiation emitted, either from the sun or sunbeds.

However some people are more at risk than others. You have an increased risk if you:

- Have fair skin.
- Have a close relative who has had malignant melanoma.
- Have a lot of moles.
- Have a tendency to 'freckle' easily.
- Have skin that burns easily in the sun.
- Were born in or moved to a hot, sunny climate.
- Have been badly sunburned at least once in the past five years.

Expose your skin to the sun (or sun beds) intermittently

## SKIN CANCER

There are two main types of skin cancer : Malignant Melanoma and Non-Melanoma skin cancer.

## MALIGNANT MELANOMA

Malignant melanoma is a potentially fatal skin cancer. It is the abnormal change and growth of the melanocytes into cancer cells which can spread to other parts of the body and prove fatal. If discovered early the melanoma can be removed from the skin and completely cured.

# YOUR MOLES CHECKED?



However if it has moved from the skin and caused tumours elsewhere in the body it cannot be cured.

**Therefore we have two lines of defense :**

- Prevention
- Early detection should you develop a melanoma.

**Prevention**

Everyone loves the sunshine after all that is why many of us have moved to Southern Spain. However, as we know the sun has its hazards, **MOLECHECK**'s motto is staying **SAFE** in the sun.

- **S**tay in the shade between 11.00h & 16.00h
- **A**lways cover up. Broad-rimmed hat, clothing & sunscreen (preferably SPF 30 but a minimum of SPF 15)
- **F**ake it. If you must have a tan make it a fake one.
- **E**arly years. Take special care with babies and children.

**Early Detection**

As most of us will already have sun damaged skin, it is important that we get to know our own skin, what our moles look like and where they are. Only half of the melanomas that occur arise in pre-existing moles so it is important to recognize new moles as well.

**MOLECHECK** recommends that :

- You check your skin closely once every three months. Not more frequently as you will not be able to see the subtle changes if, for example, you were to look every week. You need to examine your moles, getting your partner or friend to examine those you cannot see for any changes in :

**SIZE - SHAPE - COLOUR.**

- Have a regular dermoscopic examination of your moles. This will usually mean once a year unless you are at particular risk of melanoma.

How often you need a **MOLECHECK** will be determined on your first visit.

**NON-MELANOMA SKIN CANCER.**

This is by far the most common type of skin cancer making up 9 out of 10 of all skin cancers and affecting over 60,000 people in the UK every year. Fortunately it is easily treated. These cancers occur most commonly in older people and usually affect areas of the skin frequently exposed to the sun such as the head, neck and hands.

**There are 2 main types of non-melanoma skin cancer:**

- Basal cell carcinoma is the most common non-melanoma skin cancer, it usually occurs as a reddish lump which sometimes ulcerates.
- Squamous cell carcinoma is the other form of non-melanoma skin cancer. It is considered more serious than basal cell as it can spread to other parts of the body if left untreated. It usually appears as a red scaly lump or sore and has a tendency to bleed easily.

**Early detection of non-malignant melanoma, signs of this type of cancer are:**

- a new growth or sore that does not heal within four weeks.
- a spot or sore that continues to itch, hurt, crust, scab or bleed.
- persistent skin ulcers that are not explained by other causes.

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