

THE NUMBER
ONE RISK
FACTOR FOR
SKIN CANCER
INCLUDING
**MELANOMA AND
NON-MELANOMA
SKIN CANCERS IS
SUN EXPOSURE**

CLARENESER

PLASTIC & RECONSTRUCTIVE SURGEON

MBCHB FCS(SA)PLAST MMED PRACTICE NUMBER: 036 000 0562521

FOR MORE INFORMATION

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PLASTIC & RECONSTRUCTIVE SURGEON

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PROTECT
YOURSELF
THIS SUMMER

SKIN CANCER IS COMMON. WHEN DETECTED EARLY SKIN CANCER CAN BE TREATED EFFECTIVELY.

HOW TO SELF EXAMINE

- 1 Examine your body front and back in the mirror, then right and left sides.
- 2 Bend elbows, look at forearms, back and front of upper arms, hands and palms.
- 3 Look at back and front of legs, feet, spaces between toes and soles.
- 4 Examine back of neck and scalp with a hand mirror, part and lift hair for a closer look.
- 5 Check back and buttocks with a hand mirror.



PLACE THE HOLE OVER YOUR MOLES TO DETERMINE ITS SHAPE & SIZE

IF MORE THAN 6MM HAVE IT CHECKED IMMEDIATELY.



WARNING SIGNS

MELANOMA

Is the most dangerous skin cancer, but accounts for less than 2% of skin cancers

Appearance usually a darkly pigmented skin lesion which can develop in a new mole or an existing mole.



A Asymmetry one half is unlike the other.



B Border irregular, scalloped or poorly defined edges.



C Colour varied from one area to another, shades of tan, brown and black, sometimes white, red or blue.



D Diameter size more than 6mm (can be smaller early on).



E Evolving a mole or skin spot that looks different from the rest, or is changing in size, shape, colour and behaviour.



TIPS TO REDUCE YOUR RISK

NON-MELANOMA

Very common, especially in older people
Appearance pink pearly bump with rolled edges or an ulcerated, scaly patch, bleeding sore or spot that will not heal.



1 Slip on protective clothing - long sleeve shirt and long pants.



2 Slap on a hat and seek shade between 10:00 and 15:00.



3 Slop on SPF 30 or higher and reapply regularly.



4 Slide on some sunshades.



5 Self-exam once a month.



6 See your doctor if you spot something suspicious on your skin.