

SKIN CANCER



What is skin cancer?

Skin cancer is one of the most common cancers in the world. Non-melanoma skin cancer refers to a group of cancers that slowly develop in the upper layers of the skin. The term non-melanoma distinguishes these more common types of skin cancer from the less common skin cancer known as melanoma, which can be more serious.

What is skin cancer caused by?

Most cases of skin cancer are caused by overexposure to ultraviolet (UV) rays from the sun, tanning beds, or sunlamps. UV rays can damage skin cells. In the short term, this damage can cause a sunburn. Over time, UV damage adds up, leading to changes in skin texture, premature skin aging, and sometimes skin cancer.

signs of skin cancer you could be missing:

- Changes in the appearance of a mole.
- Skin changes after a mole has been removed.
- Itchiness & oozing.
- A sore or spot that won't go away.
- Scaly patches.
- Vision problems.
- Changes in your fingernails or toenails.

What happens if you get skin cancer?

Some types of skin cancer spread along the nerves. If this happens, it can cause itching, pain, numbness, tingling, or a feeling like there are ants crawling under the skin. Other signs may include a lump or bump under the skin in areas such as the neck, armpit, or groin.

What does skin cancer look like?

skin cancer can vary in appearance depending on the type of skin cancer. Generally, it appears as a small growth or sore with a pearly or waxy appearance. It may also look like a red, scaly patch or a pink or flesh-colored bump.



How fatal is skin cancer?

Melanoma is usually curable when detected and treated early. Once it has spread deeper into the skin or other parts of the body, it becomes more difficult to treat and can be deadly. The estimated five-year survival rate for patients whose melanoma is detected early is about 99 percent.



Talking to your doctor

If something doesn't look or feel quite right, or if you think you might have cancer, don't ignore it – speak to your doctor. Spotting cancer early saves lives.

Your doctor will want to hear about any unusual changes you're experiencing. You won't be wasting their time.

Hugh Jackman, Khloe Kardashian, and more famous people who have spoken out about their skin cancer signs and symptoms.....

Hugh Jackman

Jackman has been treated several times for a form of skin cancer called basal cell carcinoma, having first had cancerous cells removed in 2013. The Hollywood actor added to his update: "Thank you all for love. I feel it! And to the media for helping me get this very important message out."



Khloé Kardashian

She said: 'At 19 years old, I had melanoma on my back, and I had a surgery to remove that as well, so I am pre-composed to melanomas. Even those who are not, we should be checking all the time. I am someone who wears sunscreen every single day, religiously, so no one is exempt from these things.'

Why is prevention the best option for skin cancer?

Skin cancer is largely preventable, and if caught early, it's usually curable. Since most skin cancers are linked to sun exposure, it's important to take precautions when spending time outdoors, no matter what time of year. Too much sun can increase your risk for skin cancer and lead to premature skin aging.

Treatment of skin cancers

The main treatment for non-melanoma skin cancers is surgery. Treatment is usually successful as, unlike most cancers, non-melanoma cancers have a very low risk of spreading to other parts of the body (only in very rare cases can non-melanoma cancers spread to your lymph nodes).

Other treatments for non-melanoma skin cancer include freezing (cryotherapy), anti-cancer creams, radiotherapy and a form of light treatment called photodynamic therapy (PDT).

The treatment used will depend on the type, size, and location of the non-melanoma skin cancer you have.



Support links:

https://www.melanomauk.org.uk/?gclid=EAlaIQobChMIz66ztsGS_wIVgfftCh25bgNAEAAyASA_AEgLNNvD_BwE

https://www.britishskinfoundation.org.uk/?gclid=EAlaIQobChMIImcT2x8GS_wIVgcXtCh2Kbwe3EAAYASAAEgInO_D_BwE

https://www.cancerresearchuk.org/about-cancer/skin-cancer/symptoms?gclid=EAlaIQobChMIImcT2x8GS_wIVgcXtCh2Kbwe3EAAYAAEgKHg_D_BwE&gclsrc=aw.ds

<https://www.melanomauk.org.uk/skin-cancer-prevention-tips>

[the NHS app to book an appointment \(link is external\).](#)

