



**OXONA**  
DERMATOLOGY

# Good practices to prevent melanoma

Skin cancer is the most common type of cancer and affects people of all ages.

## How can you prevent skin cancer from forming?

If caught early, skin cancer is almost always 100% treatable.

Thankfully, there are ways to prevent your chance of getting skin cancer, such as:

- Avoiding peak sun
- Covering up
- Using suncream
- Seeking shade
- Avoiding tanning beds
- Checking your skin





## What to do if you get skin cancer

If you've noticed something unusual on your skin, it's important to get it checked as soon as possible.

Your first point of call is to go to your GP to get their advice. Although GPs are highly trained medical advisors, they are general advisors, so if you are unsure on their evaluation, it's important to get a second opinion.

### Our advice?

Never seek treatment from:

- A beautician
- A non-specialist nurse or doctor
- Someone who hasn't examined your cells under a dermatoscope
- Someone who hasn't given you an official diagnosis



## How to know whether your mole is cancerous

You should monitor moles using the ABCDE Rule to identify any signs of melanoma:

- A. Asymmetry:** If one half of the mole doesn't match the other half in shape or colour.
- B. Border:** Look for irregular, scalloped, or poorly defined edges.
- C. Colour:** Watch for moles that have multiple colours or an uneven distribution of colour.
- D. Diameter:** Moles larger than 6mm (about the size of a pencil eraser) are more concerning.
- E. Evolving:** Pay attention if a mole changes in size, shape, colour, or elevation, or if it starts to itch, bleed, or become crusty.

## Further advice

If you're concerned with a mark or a mole on your body, then you don't have to go on a long waiting list!

As we are based outside of the Greater London area (20 minutes by train from St Pancras), we are an affordable option for a private screening to offer you peace of mind with any dermatological concerns you may have.