



OXONA
DERMATOLOGY

Skin cancer in young people

There has been a 7% rise in skin cancer incidences for young adults between 25-49 in the last 10 years.*

Are you staying safe in the sun?



*Cancer Research UK: [news.cancerresearchuk.org](https://www.news.cancerresearchuk.org)

☎ 01865 965 027

@ reception@oxonahealth.co.uk

🌐 [oxonahealth.co.uk](https://www.oxonahealth.co.uk)

Being safe in the sun is one of the best things you can do to prevent skin cancer

Cancer Research UK recommends three steps to protect your skin and reduce your cancer risk:

1. Spend time in the shade, especially between 11am and 3pm in the UK
2. Cover up with clothes, a wide-brimmed hat and UV-protection sunglasses
3. Apply sunscreen with at least SPF 30 and 4 or 5 stars generously and regularly



What does skin cancer look like?

Skin cancers can vary in shape, size and colour, and can vary depending on skin tone, the type of skin cancer and the location on the body. It's important to keep an eye on any existing moles you have, as well as checking the shape and size of any new moles that may appear on your body.



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.