

# THE TOP 5 CANCERS AFFECTING MEN IN SA

## #5 Melanoma



Cancerous growths develop when unrepaired DNA damage to skin cells (most often caused by ultraviolet radiation from sunshine or tanning beds) triggers mutations (genetic defects) that lead the skin cells to multiply quickly and form malignant tumours. Melanomas often resemble moles; some develop from moles

### RISK FACTORS

- Having a lighter natural skin colour
- Family or personal history of skin cancer
- Exposure to the sun through work and play
- History of sunburns early in life
- Having blue or green eyes, blonde or red hair
- Having many moles and certain types of moles
- Having a skin that burns, freckles, reddens easily, or becomes painful in the sun

### LOWER YOUR RISK



Avoid the sun between 10am-4pm



Wear a sunhat at all times



Re-apply sunscreen every 2 hours

- Avoid direct sunlight between 10am and 4pm
- Cover up by wearing thickly-woven hats with wide brims and loose-fitting clothes, made of tightly-woven fabric, that will block out harmful UV rays
- Look out for UV protective beach wear and umbrellas bearing the CANSA Seal of Recognition
- Always apply sunscreen, with Sun Protection Factor (SPF) between 20 and 50 – SPF 30 to 50 for fair to very fair skin.
- Use a sunscreen bearing the CANSA Seal of Recognition. Re-apply regularly (at least every two hours), after towel-drying, perspiring or swimming. Apply liberally to all exposed skin
- Look out for the manufacture or expiry date on the sunscreen package. Sunscreen usually expires two years after date of manufacture. Once opened, sunscreen should not be used for longer than one year
- Protect the eyes by wearing sunglasses with a UV protection rating of UV400
- Avoid sunlamps and tanning beds
- Take special care to protect children - babies younger than one year should never be exposed to direct sunlight

### SCREENING

Check your skin carefully every month by doing a mole check - ask a family member or friend to examine your back and the top of your head. If you notice any of the warning signs, see a doctor or dermatologist immediately.

### ABCDE WARNING SIGNS



**A** ASYMMETRY

A-symmetry - a mole or mark with one half unlike the other - common moles are round and symmetrical



**B** BORDER

B-order irregularities - scalloped or poorly defined edges - common moles have smooth and even borders



**C** COLOUR

C-colour variations and inconsistency - tan, brown, black, red, white and blue - common moles are usually a single shade of brown or black



**D** DIAMETER

D-iameter - larger than 6 mm



**E** EVOLVING

E-volving - changes in shape, colour or border of a mole



Research • Educate • Support

**DID YOU KNOW?**

CANSA has FotoFinder Dermoscope Machines which offers an all in one dermoscopic skin cancer screening and mole mapping. Every client with suspicious skin damage is referred for an intensive skin evaluation using the FotoFinder dermoscope. The FotoFinders roam between CANSA Care Centres - please make an appointment for a screening, to ensure the machine is available.

