

Take Care of Your Skin: A Guide



Why are Skin Checks so Important?

Over time, your moles may change. Skin checks help you and your doctor get to know your moles to help identify any suspicious changes as quickly as possible- *if you can spot it, you can stop it!*

Who should get their Skin Checked?

Everyone! People from all backgrounds and skin types will benefit from a skin check. You might be recommended for routine checks if you have:

- Fair skin, red hair or light eye colour
- Many moles (more than 50)
- A personal history of skin cancer
- A family history of skin cancer
- Taken immunosuppressive medication
- An immunosuppressive condition
- Two or more moles with irregular shape and greater than 6mm
- Extensive sun damage to your skin
- Used sunbeds

How to Prepare

- Clean your skin (no makeup or nail polish)
- Moisturize your skin the day before
- Bring any previous skin documentation (pathology results, checkups)
- Tie your hair back (if applicable)
- Remove jewelry



What to Expect

Once you arrive and have been checked in, your care provider will examine your skin and ask basic questions about your medical history along with any factors that could increase your risk for developing skin cancer. Depending on your care provider, they may examine your spots with a dermoscope- a magnifier that lets them see your mole's unique features. With this information, they will take the appropriate measures to refer or manage your case.



SUN PROTECTION TIPS

You need more than just sunscreen to prevent skin cancer.



- SLIDE** on UV-protective sunglasses
- SLIP** on clothing to help protect your skin
- SLAP** on a hat to protect your head!
- SEEK** shade from 10:00am-4:00pm
- SLOP** on sunscreen with SPF30 or higher

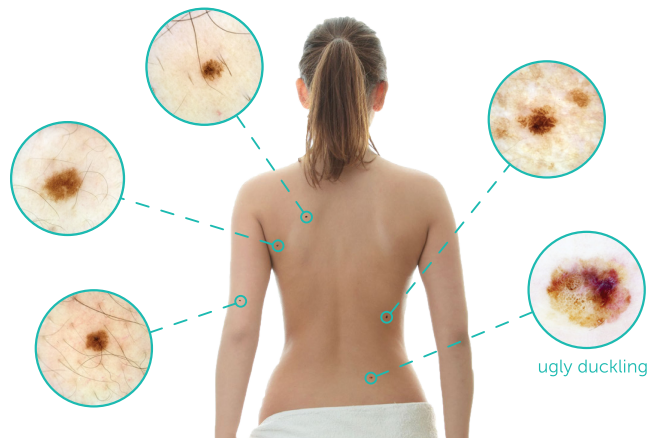
1 IN 5 PEOPLE IN NORTH AMERICA WILL DEVELOP SKIN CANCER OVER THE COURSE OF THEIR LIFETIME.



What's Next?

Your care provider will take a moment to discuss the best course of action for your skin health. Depending on your case, this might look like:

- No further action needed at this time
- Scheduling follow up visits to image and monitor the mole
- A biopsy of the mole (a sample taken to examine it in further detail)
- An excision (the removal of the mole)



Look out for the Ugly Duckling

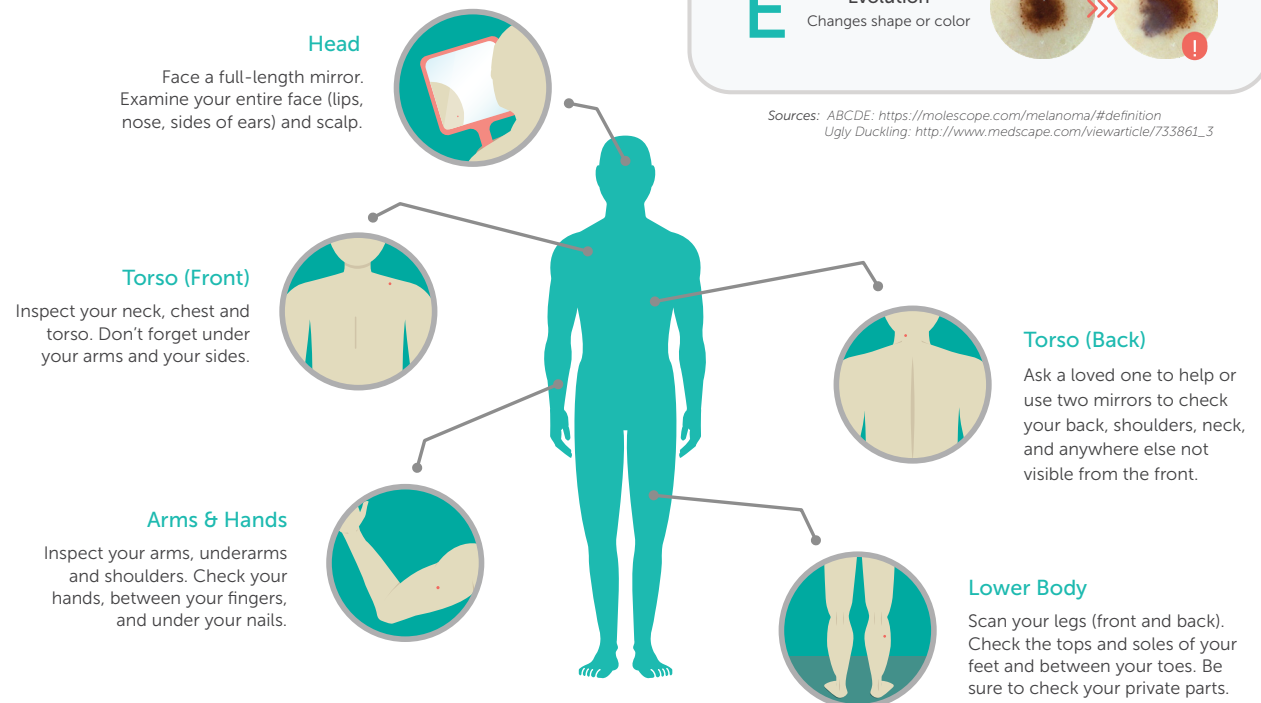
An ugly duckling is a mole that stands out from the rest. Perhaps it's in an area with no other moles or looks **drastically different from the others**. When in doubt, ask your care provider.

Visit your Doctor!

Depending on your doctor's recommendations, you may be asked to return every 3, 6 or 12 months for a skin exam in addition to performing frequent self checks at home. If you have any questions or concerns, be sure to ask your care provider. Your skin health comes first!



How to do a self-exam



ABCDEs of Melanoma

If your mole has one or more of these features it's time to see a doctor.

A	Asymmetry	
B	Border Jagged border	
C	Color Multiple colors	
D	Diameter Over 6 mm	
E	Evolution Changes shape or color	

Sources: ABCDE: <https://molescope.com/melanoma/#definition>
Ugly Duckling: http://www.medscape.com/viewarticle/733861_3