

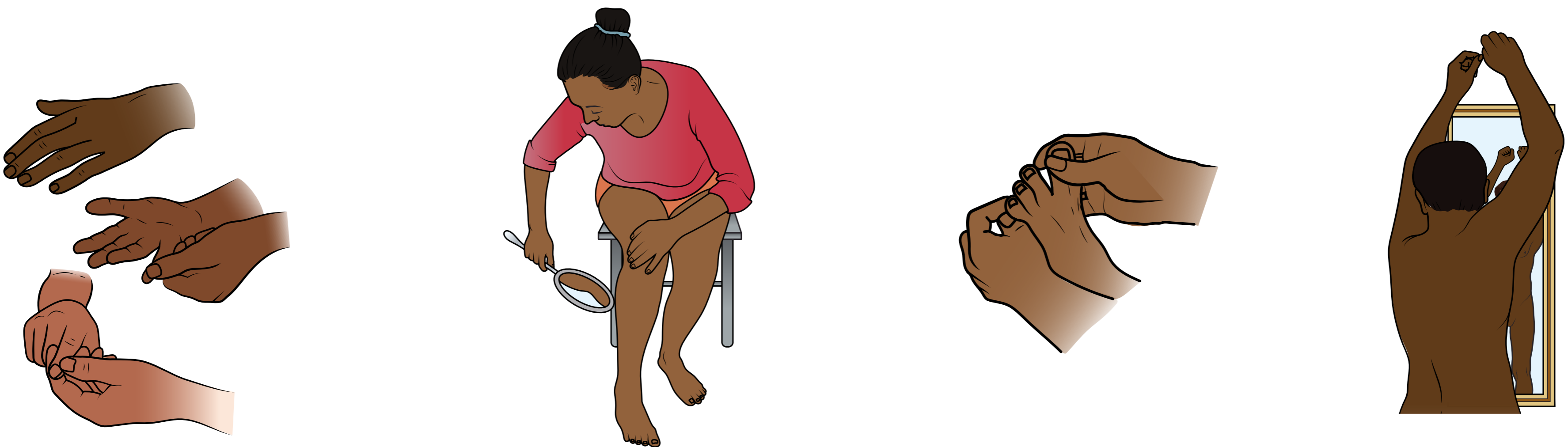


Dermatology

Skin Cancer Prevention

Skin cancer can affect people of all skin types. Even if you have a dark skin tone, you can develop skin cancer. You can develop skin cancer on the whole surface of your body, no matter if it is exposed to the sun or not.

Self-examination and prevention are therefore key.



General guidance for self-examination

- Examine yourself once a month in a room with good natural light.
- Look at the entire surface of your body carefully.
- Be careful to also check difficult-to-reach parts of your body.
- Use mirrors or ask a trusted person for help for the back of your body.

Prevention – protect yourself from the sun as much as you can

- In the sun, always cover your body with clothes and wear a hat.
- When possible, wear sunglasses and use good sunscreen.

This is especially important for children.

Pay extra attention to parts of your body that can be most at risk

- The toes and soles of your **feet**, and the fingers and palms of your **hands**: check for dark, pink or bleeding spots and moles, or bumps that change in appearance.
- The **nails** of both your fingers and your toes: check for dark spots or dark lines that are getting thicker or are even destroying the nail.

Also check your whole body for **wounds** that won't heal.

If you notice anything new, changing (size, color, shape), or unusual on your skin, contact your doctor or healthcare service.



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