

Skin cancer detection and protecting skin damage (sunburn) from the sun's Ultraviolet (UV) light

- i. **Understanding your risk of developing skin cancer**
 - [The British Association of Dermatologists \(BAD\) Sun awareness campaign](#) is an annual national campaign that raises awareness of skin cancer
 - [NHS conditions Non-melanoma skin cancer causes](#) explains the causes and risk factors for developing skin cancer
 - [British Skin Foundation are you at risk of skin cancer?](#)
- ii. **Understanding your skin type and risk of damage from UV light**
 - [Cancer Research UK \(CRUK\)](#) has advice which includes information about the **UV index** and links to the UK Met Office's UV Index forecast.
- iii. **Sunbed facts and skin cancer risk**
 - [CRUK sunbeds and cancer](#) describes the facts and risks of sunbed use.
- iv. **How to check your skin and moles**

It is important to self-examine your skin so that any **skin changes can be detected early**. The following information is how to examine your own skin. This includes how to detect an **UGLY DUCKLING** amongst your moles. In Hans Christian Anderson's classic fairy tale, the ugly duckling stood out from the flock because he was destined to become a swan. In Dermatology, the '**UGLY DUCKLING**' is a **mole** that **does not look like the rest of the moles on a person's skin** and may be suspicious for a melanoma.

- [Sun awareness campaign \(British Association of Dermatologists\) guide to checking your skin](#) and [ABCDEasy way to check your Moles](#)
- [Primary Care Dermatology Society \(PCDS\) self-examination of moles](#)
- [NHS Tools Library mole assessment](#)
- [Dermnetnz self-skin examination](#) and a [VIDEO on self-examination of skin.](#)
- [Wessex cancer trust how to check your skin for skin cancer](#)
- [British Skin Foundation checking your skin](#)

Several APPs are in existence to support patients with tracking changes in their moles and more are likely to be developed.

- v. **Facts and signs of melanoma skin cancer**

The following resources provide online information about the symptoms, causes, diagnosis and treatment of melanoma:

 - [Melanoma skin cancer \(NHS conditions\)](#)
 - [Melanoma Advice leaflets \(British Association of Dermatologists\)](#)
 - [Lentigo maligna Patient information leaflet \(British Association of Dermatologists\)](#)

vi. Facts and signs of common non-melanoma skin cancers.

The following resources provide online information about the symptoms, causes, diagnosis and treatment of pre-cancerous and non-melanoma skin cancers

- [Sun awareness campaign know the facts about common skin cancers](#) (British Association of Dermatologists) and [Know the facts about common skin cancers](#) (British Association of Dermatologists)
- [Non-melanoma skin cancer \(NHS conditions\)](#)
- [Basal Cell Carcinoma Patient information leaflet](#) (British Association of Dermatologists)
- [Squamous Cell Carcinoma Patient information leaflet](#) (British Association of Dermatologists)
- [Bowen's disease Patient information leaflet](#) (British Association of Dermatologists)
- [Actinic Keratosis Patient information leaflet](#) (British Association of Dermatologists)

vii. How to prevent skin cancer using clothing, shade and sunscreen

The following resources provide practical support around types of clothing, sunscreens and use of shade to be able to safely enjoy being outside

- [UV Protection information leaflet \(Primary Care Dermatology Society\)](#)
- [Video from Cancer Research UK 'Busting common myths about tanning'](#)
- [British Skin Foundation how to stay safe in the sun](#)
- [Sunscreen factsheet \(British Association of Dermatologists\)](#)