

*In our
second
edition of
'Health
Matters' we
are
focussing
on skin
cancer and
PPG
Awareness
week*

Skin Cancer

There are two main types of skin cancer – non melanoma and melanoma. Both are normally caused by exposure to ultraviolet light from the sun or sunbeds.

Anyone can get both of these types of cancer but they are more likely if you

- Have paler skin
- Are older
- Use sunbeds, previous overexposure to sunlight
- Have previous skin cancer or family history of skin cancer

Non-melanoma skin cancer

Any part of your skin can be affected but it is most common in areas that are exposed to the sun, like head, face, ears, neck and shoulders, back, hands and lower legs. The growths or patches can vary in size, colour and texture.

The good news is that whilst this is the most common form of cancer, there is a high cure rate, especially if it is treated early. In most cases there is some minor surgery and no need for further treatment.

Melanoma skin cancer

As well as the risk factors above, this type is also more common in people with a large number of moles / freckles. It can also spread to other parts of your body.

If you have a new mole or changes to an existing mole/freckle or unusual patches on your skin it could be a sign of melanoma. Itchiness or bleeding of a mole can also be a sign.

The treatment for this type of cancer depends on where the cancer is and whether it has spread. Surgery is the main treatment for melanoma and radiotherapy, chemotherapy and medicines are sometimes used.

*Watch out
for the
next
'Health
Matters' at
the end of
July*

Prevention

The best ways to help prevent both types of skin cancer is to

- stay in shade
- choose appropriate clothes that cover your skin, not forgetting hats and sunglasses
- ensure you use the appropriate sun-cream when outside. Suncream will become less effective over time, so it's important to check the bottle to see how long you can use it for after you have opened it.
- do not use sunscreen so as to spend a longer time in the sun

What if I have symptoms?

It is important to see your GP if you suspect you may have any form of skin cancer. For more information on both types of skin cancer, and for photographs of what skin cancer can look like please go to

<https://www.nhs.uk/search/results?q=skin%20cancer> or
<https://www.cancerresearchuk.org/about-cancer/skin-cancer/about-skin-cancer>

Pendeen Patient Participation Group (PPG)

It is the National PPG Awareness week during the first week of June.

The Pendeen Patient Group will be in the surgery during this week helping them with their patient survey, finding out who would like help with the NHS App. and helping to find out which patients are veterans or carers.

If you would like to find out more about the PPG and how you can potentially get involved then please do pop in to say hello and find out a bit more about what we do.

We are particularly keen to talk to people who are under 55.

We will be there every day from 10.00am to 12.00 noon and again from 2.00pm to 4.00pm, so if you have 5 mins to spare please do pop in.