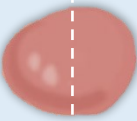






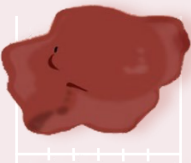




Melanoma Follow-Up

Regular Skin Check: Mole or Melanoma?

Over half of melanoma recurrences are found by the patient.

- Complete check on a monthly basis.
- Use a mirror or ask a loved one to check hard to see places.
- Be sure to check entire body, including unexposed areas such as between toes.

Characteristics	Normal	See Health Professional
A ASYMMETRY Uneven growth		
B BORDER Borders that aren't smooth or even		
C COLOUR Multiple shades or colours		
D DIAMETER Diameter greater than the size of a pencil eraser	 Less than 6 mm	 More than 6 mm
E EVOLVING Changes in any of the above features. Consider keeping a photo diary to track monthly changes		

Melanoma Follow-Up

Be Sun Safe

Practicing good sun safety can greatly reduce your risk of recurrence.



Be sun safe

- Avoid sunburn by covering up and checking the UV index every day. The UV index is available in daily weather reports and estimates the strength of the UV rays each day. Protect your skin as much as possible when the UV index is three or higher. Wear protective clothing, lip balm with SPF (Sun Protection Factor), a wide-brimmed hat, sunglasses, and sunscreen, even when it's cloudy.
- Generously use a sunscreen labelled "broad spectrum" and "water resistant" with an SPF of at least 30 on all exposed skin. Read and follow the instructions. Re-apply if you are out in the sun for more than two hours and after swimming.
- Limit your time in the sun between 11 a.m. and 3 p.m. The UV index can be highest during these times. Take a shade umbrella with you and look for places with shade when outside.
- Do not use tanning equipment. Tanning equipment can damage the skin and increase the risk of developing melanoma.

For more information on sun safety, visit
cancercare.mb.ca/screening/cancer-prevention/be-sun-safe

Stay in regular contact with your Primary Care Provider

Attend all scheduled follow-up appointments.

Melanoma recurrence can show itself in a variety of ways. Let your primary care provider know about any changes to the surgical scars or surrounding area, or any changes in your overall health.

Other Supports and Resources:

Melanoma Network of Canada - melanomaneetwork.ca

For more information about cancer follow-up visit: [Moving ForwardAfterCancer.ca](https://MovingForwardAfterCancer.ca)

