

Malignant melanoma self examination



Dermatology

patientinformation



The Rotherham
NHS Foundation Trust

Bring your medicines when you come into hospital

Prescription medicines

Medicines you have bought

Alternative & herbal medicines

Inhalers



Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: your.experience@nhs.net

Slovak

Ak vy alebo niekto koho poznáte potrebujú pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Slovensky

Kurdish Sorani

كوڤدی سوڤانی
نهگهر تۆ یان كهسێك كه تۆ دهبناسی پێویستی بهیارمانی ههیهت یۆ نهوهی لهم بهلگهنامه به تێیگهت یان بیخوینتتهوه، تكلیه پهوهندهیمان پێوه بكه لهسههر نهو ژمارهیهی سهروهدهدا یان پهو نیمهیه.

عربی

Arabic

إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

اردو

اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی

اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers*

*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation service which can be accessed through the Hub.

Malignant melanoma self examination

Malignant melanomas

Most people with thin malignant melanomas are cured by having them removed. Some are not and the melanoma may re-appear on or under the skin. If this happens, it will probably be within the first two years, although sometimes it can be many years later.

This leaflet tells you how to look and feel for skin changes, in both treated areas and other places where malignant melanoma may develop.

Your doctor or specialist nurse will already have shown you how and where, to look and feel most carefully.

How often should I check myself?

At least once a month you should check the area where you had your operation and between that area and the nearest group of lymph nodes, and the lymph nodes themselves.

Comparing one set of lymph nodes with those on the other side of your body may help you find any changes.

Lymph nodes can trap melanoma cells before they pass on. If they are involved, they are removed.

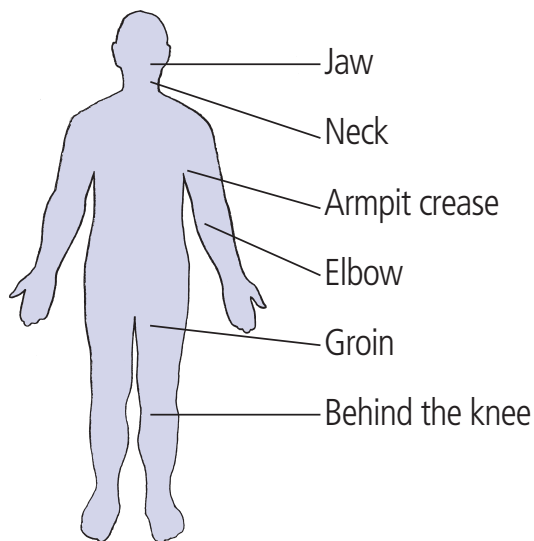
Self examination

Lymph nodes are found in many places in your body, but for melanoma, the important sites are:

- Neck
- Armpits
- Groin

Malignant melanoma self examination

Site of the major lymph glands



You should check all of these areas for:

- Black, brown or new marks on the skin
- Lumps beneath the skin (pea size or larger)
- Lumps which may be painless

Should you find any of the above, you should contact the Dermatology Nurse Specialist as soon as possible. Early detection is important.

We want to help you to get to know your body, so that you will be able to tell if there is a change on or under your skin. It makes good sense to check all over your body 3 or 4 times a year.

Begin by finding out whether you have any birthmarks, moles or blemishes. How do they look and feel?

Malignant melanoma self examination

Moles

It is important to tell your doctor as soon as possible, of any changes in size, colour or shape of existing moles, or any new moles that develop.

It's easy to check your skin!

We need your help to keep you healthy, by regularly examining the area around the site of your operation, right up to your nearest set of lymph nodes. Check your skin, from head to toe, 3 or 4 times a year. The best time to examine your skin is after a bath or shower. Use a well lit room and a full-length mirror, or the help of a friend or relative.

Five easy steps to skin examination

- 1** Look at your face, neck, ears and scalp. You will find looking at your scalp easier if you use a comb or hairdryer to part your hair.
- 2** Look at the front and back of your body in the mirror. Raise your arms and look at your left and right sides. Ladies, make sure you check under your breasts. Don't forget the buttock area.
- 3** Bend your elbows, and look at your forearms, then undersides and upper arms.
- 4** Look at the back, front and sides of your legs, not forgetting between the toes and the soles of your feet.
- 5** Sit on a chair, and put each leg in turn up on a stool.

Malignant melanoma self examination

Remember

If you are worried about new lumps or skin ulcers, contact your specialist nurse or doctor. This is now especially important. If you have had an open sore or skin ulcer for over 2 months, which does not heal, is bleeding, or is getting bigger, show it to your doctor.

Further help and information

We hope this leaflet has helped you to understand about skin examination, but if you have any questions please ask us. Leaflets cannot take the place of talks with doctors, nurses and other members of the healthcare team.

If you require any further help or information you can contact the Dermatology Specialist Skin Cancer Nurse on **Telephone 01709 424735**

Support groups

Cancer Research UK

61 Lincoln's Inn Fields,
London WC2A 3PX
www.cancerresearch.org.uk

Macmillan Cancer Support

www.macmillan.org.uk

How to contact us

Dermatology Reception

Monday to Friday

9.00am to 4.30pm

Telephone 01709 424514

Dermatology Department

Monday to Friday

8.00am until 7.00pm

Saturdays and Bank Holidays

8.30am until 1.30pm

Telephone 01709 424436

Switchboard

Telephone 01709 820000

Useful contact numbers

**If it's not an emergency,
please consider using a
Pharmacy or call NHS 111
before going to A&E.**

NHS 111 Service

Telephone 111

Stop Smoking Service

Telephone 01709 422444

A&E (UECC)

Telephone 01709 424455

**For GP out of hours,
contact your surgery**

Useful websites

www.therotherhamft.nhs.uk

www.nhs.uk

www.gov.uk

www.patient.co.uk

Easyread websites

www.easyhealth.org.uk

www.friendlyresources.org.uk

www.easy-read-online.co.uk

We value your comments

If you have any comments or concerns about the services we have provided please let us know, or alternatively you can contact the Patient Experience Team.

Patient Experience Team

The Oldfield Centre

The Rotherham NHS

Foundation Trust

Rotherham Hospital

Moorgate Road

Rotherham

S60 2UD

Telephone: 01709 424461

Monday to Friday

9.00am until 5.00pm

Email: your.experience@nhs.net

Produced by Rowena Mellows, July 2003.

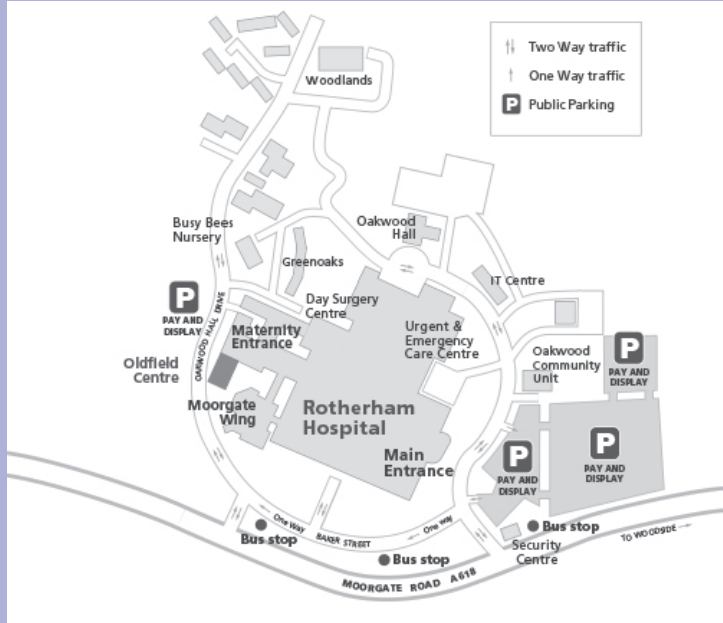
Revised February 2006, June 2009, November 2011, June 2014, May 2016, September 2018, March 2020

Review March 2022. Version:8.0

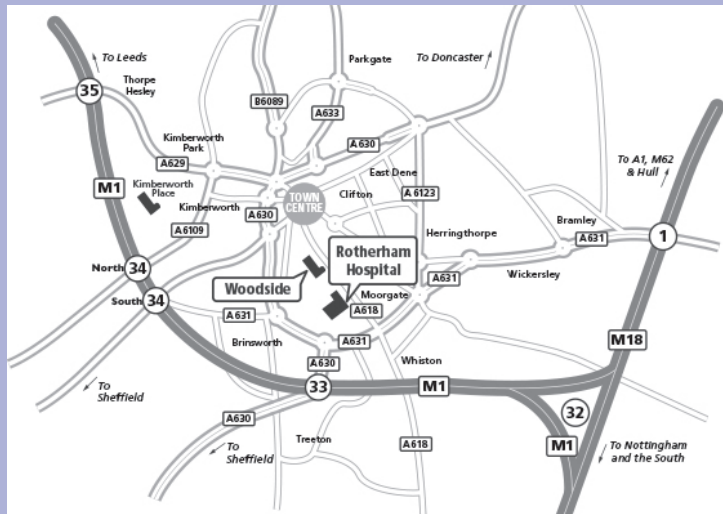
©The Rotherham NHS Foundation Trust 2020. All rights reserved.

How to find us

Hospital site plan



Rotherham main routes





Sustainable Forests / Low chlorine

LS 98 03/20 V8 Jones & Brooks



The Rotherham
NHS Foundation Trust

Rotherham Hospital
Moorgate Road
Oakwood
Rotherham
S60 2UD

Telephone 01709 820000
www.therotherhamft.nhs.uk