

Melanoma in situ



Dermatology

patientinformation

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

Slovak

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

Slovensky

Kurdish Sorani

کوردی سۆرانی
نەگەر تۆ یان کەسێک کە تۆ دەیناسی پێویستی بەیارمەتی هەبێت بۆ ئەوەی لەم بەلگەنامە بە تێبگات یان ببخۆتێنتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر ئەو ژمارەیەئێ سەروددا یان بەو نێمەبەلە.

Arabic

عربي
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

اُردو
اگر آپ یا آپ کے جانتے 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

فآرسی
اگر جناب عالی یا شخص دیگری که شما اورا 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 or audio version, please contact Patient Information on 01709 424281 or email patientinformation@rothgen.nhs.uk

Introduction

This information leaflet is for patients and patient's families who have been told by the doctor that they have had a melanoma in situ.

This leaflet will help you to understand the condition and give you information on further treatment and aftercare advice.

What is melanoma in situ?

Melanoma is a form of cancer that affects the pigment-producing cells or melanocytes in the upper layer of the skin. These cells produce natural pigment and appear on the skin's surface as a mole. Changes in shape, size or colour of a mole can indicate cancerous changes in these cells. Although the cause is not fully understood, sun exposure is a major contributing factor.

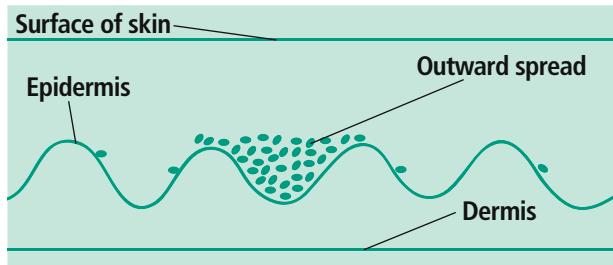
Melanoma in situ is the earliest stage of melanoma skin cancer. It does not have the potential to spread elsewhere in the body.

The majority of melanomas tend to grow sideways initially along the surface of the skin (epidermis). Patients with melanoma in situ have melanoma cells only in this layer of skin. Although these are cancerous, they have not started to invade deeper into the skin.

Melanoma in situ

Do I need more treatment?

Melanoma in situ is treated by removal of the abnormal mole, which you may have had already. However we aim to take a border of healthy tissue around the melanoma to make sure all the cancerous cells have been removed and this may mean you will require further surgery. Once this is completed you should not require any more treatment.



Will I need further follow up care?

Routinely you do not require any follow up visits in the hospital. However a diagnosis of melanoma or melanoma in situ at any stage means your risk is higher than average of getting further skin cancers. You will therefore be offered the chance to see the Skin Cancer Specialist Nurse who will give you advice on sun protection and how to check your moles.

How can I prevent further problems?

A diagnosis of melanoma/melanoma in situ means that you have a higher than average risk of developing another melanoma in the future. You must take care in the sun and always have any new or changing moles reviewed by your doctor.

Melanoma in situ

You should:

- Avoid sunburn.
- Wear loose fitting close woven clothes and wide brimmed hats for sun protection and sun glasses.
- Use a high factor suncream at least SPF 25 when out in the sun.
- Avoid sun exposure during the mid-day sun, seek shade.
- UV rays can penetrate water, wear a light t-shirt that does not become transparent in water.
- NEVER use a sun bed.

Remember there is no such thing as a healthy tan. It is just a sign that your skin is damaged and causes premature ageing.

Moles

Become a Mole Watcher and check your skin monthly.

Look for moles that are:

- Getting bigger.
- Changing shape particularly if getting an irregular edge.
- Changing colour, darker or different shades.
- Bleeding or becoming crusty.
- Itchy or painful or looking inflamed.

Any of these symptoms see your doctor straight away.

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

How to contact us

Dermatology Reception

Monday to Friday

9.00am to 4.30pm

Telephone 01709 424451

Dermatology Department

Monday to Friday

8.00am until 8.00pm

Saturdays and Bank Holidays

9.00am until 5.00pm

Telephone 01709 424436

Switchboard

Telephone 01709 820000

Useful contact numbers

NHS 111 Service

Telephone 111

Health Info

Telephone 01709 427190

Stop Smoking Service

Telephone 01709 422444

A&E

Telephone 01709 424455

For GP out of hours, contact your surgery

Useful websites

www.nhs.uk

www.gov.uk

www.therotherhamft.nhs.uk

www.cancerhelp.org.uk

www.cancerresearchuk.org/

healthyliving/sunsmart

Support groups

Cancer Research UK

61 Lincoln's Inn Fields,

London WC24 3PX

www.cancerhelp.org.uk

Marc's Line

Information and Support
Services to melanoma and
other skin cancer patients.

www.wessexcancer.org

We value your comments

If you have any comments or
concerns about the care we have
provided please let us know, or
alternatively you can write to:

Patient Services

The Rotherham NHS

Foundation Trust

Rotherham Hospital

Moorgate Road

Oakwood

Rotherham

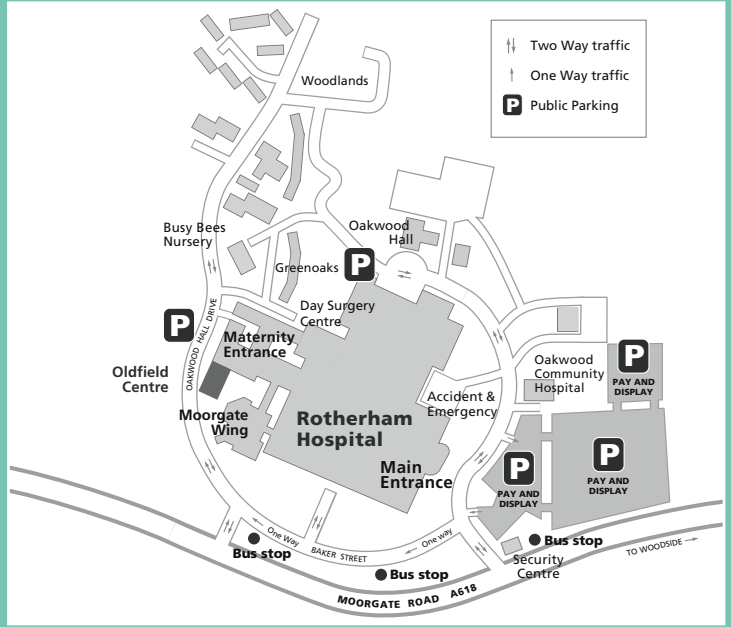
S60 2UD

Telephone 01709 424461

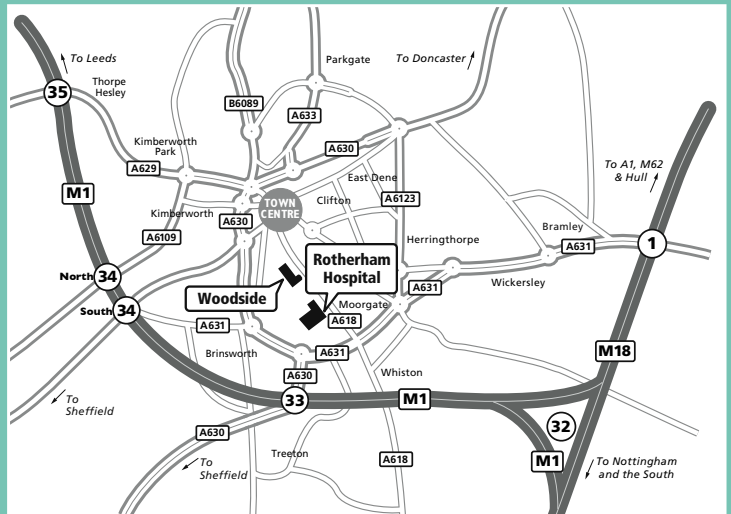
Email complaints@rothgen.nhs.uk

How to find us

Hospital site plan



Rotherham main routes





LS 369 06/14 V4 Jones & Brooks



The Rotherham **NHS**
NHS Foundation Trust

Rotherham Hospital
Moorgate Road
Rotherham
S60 2UD

Telephone 01709 820000
www.therotherhamft.nhs.uk

