

Kingston Family Health Team

SPOT CHECK

SKIN SELF ASSESSMENT
PREVENTATIVE CARE PROGRAM

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Sun Damage



ABCDE Rules



Skin Conditions



Skin Assessment

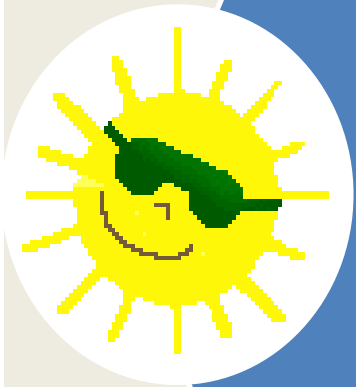
UVA RAYS

Cause wrinkles and skin cancers.

- Accelerated the aging process.
- Constantly present no matter what the season. They are able to penetrate the skin and damage cells underneath. Also able to penetrate some clothing, office and car windows.
- Rays exposed to in tanning beds.



UVB RAYS



- These rays give you a sunburn.
- Long range effect is to cause malignant melanoma and other cancers.
- Not constant year round, more prevalent in the summer.

Canadian Dermatology Association
(website: www.dermatology.ca)

Skin Cancer Facts

2011

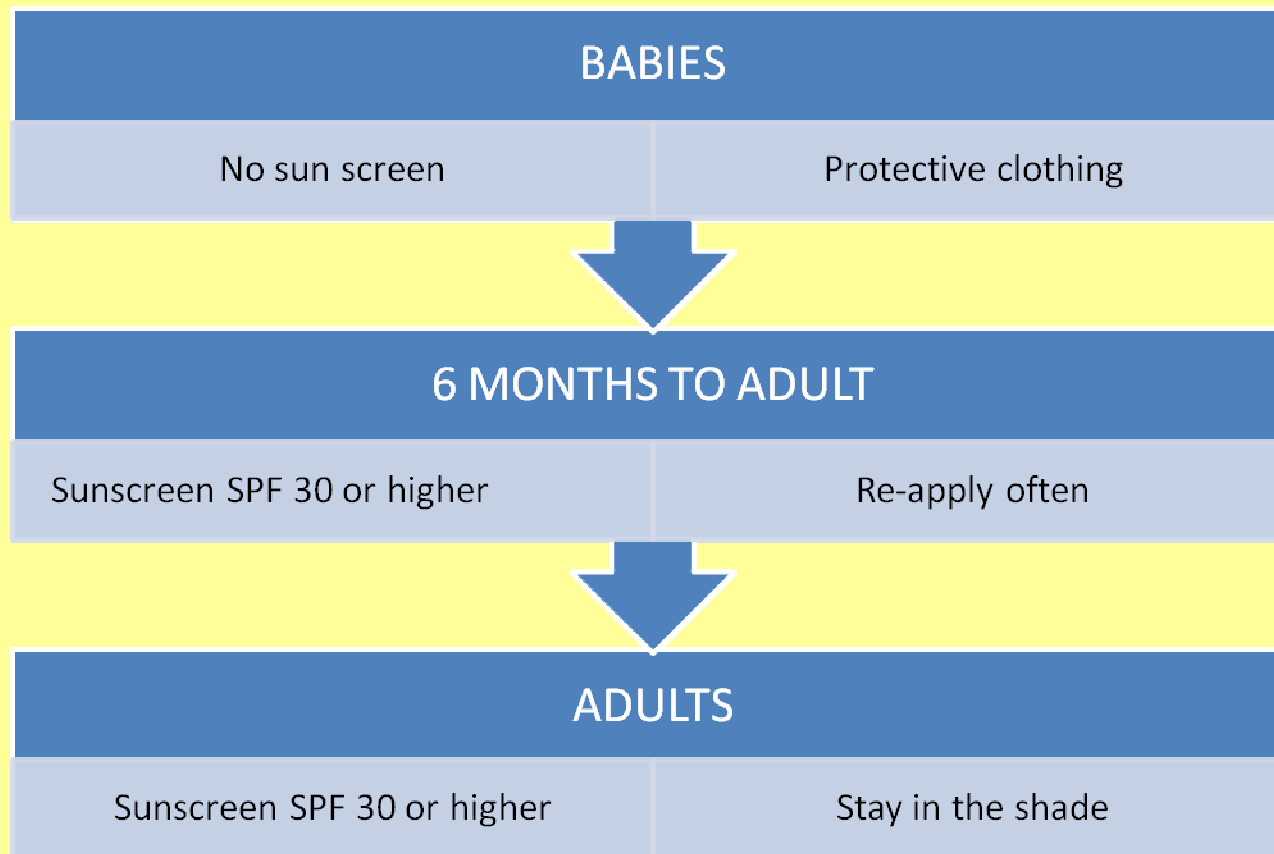
Skin cancer is the most common cancer diagnosed in Canadians. It is also the most common cancer in the world. Canadians born in the 1990's have two to three times higher lifetime risk of getting skin cancer compared to those born in the 1960's. For those born in the 1990's there is a 1 in 6 lifetime risk of having skin cancer. For those born in the 1960's, there is a 1 in 20 lifetime risk.

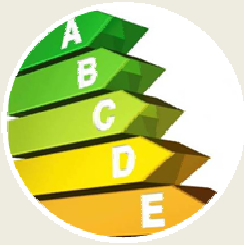
The main cause of skin cancer is too much UV radiation.

There is a group of people at particular high risk for skin cancer because of their skin type and amount of sun exposure.

Skin cancer is one of a small number of cancers that can be prevented through simple measures such as limiting sun exposure, seeking shade, wearing hats and clothing, and using an SPF 30 or higher, broad spectrum sunscreen.

SUN DAMAGE PROTECTION





ABCDE RULES

A

Asymmetry: Normal is completely symmetrical

B

Border: Normal is well delineated

C

Colour: Normal is usually one colour

D

Diameter: The size of a pencil eraser or smaller

E

Evolution: Look for change in color, shape, size

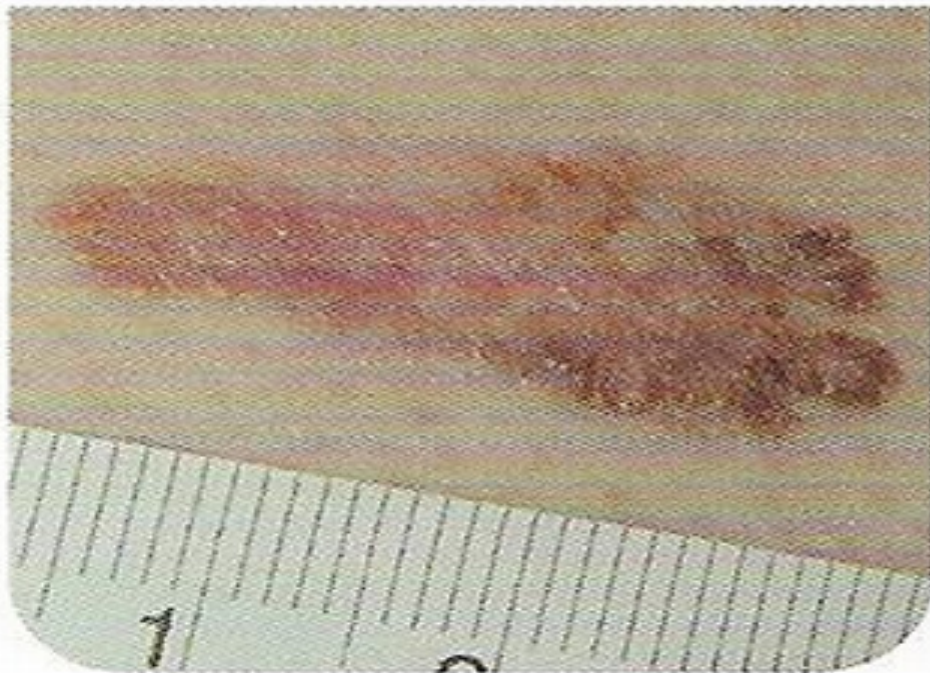
Assessing Spots based on the ABCDE Rules

A

Asymmetry

The
shape
on one side
is different
than the
other side





B Border

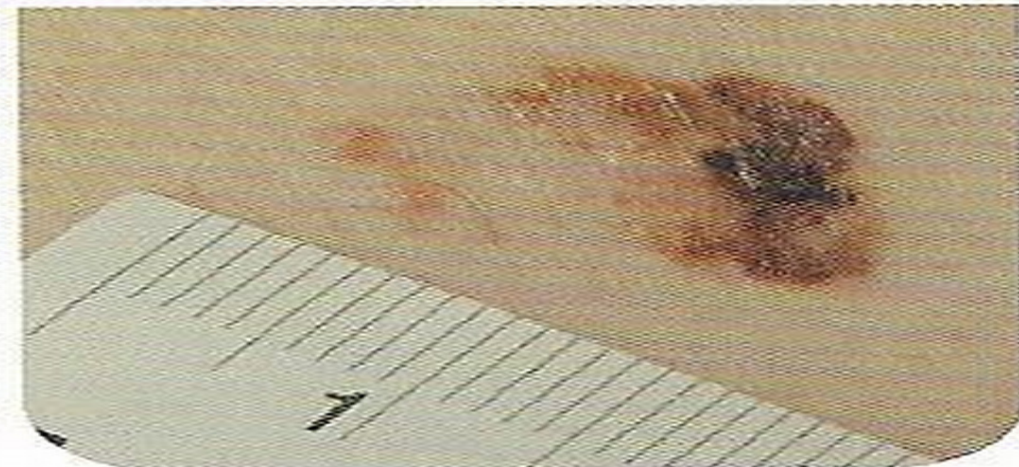
The border or **visible edge** is irregular, ragged and imprecise

C Colour

There is a **colour variation** with brown, black, red, grey or white areas within the lesion



Diameter



Diameter **growth** is typical of melanoma. It is usually more than 6 mm, (1/4 inch) although it can be less.

Look for **change** in colour, size, shape or symptom (*i.e. itching, tenderness or bleeding*)

Evolution
E



Melanoma

Melanoma Skin Cancer

Melanoma is a cancer that starts in the cells that produce melanin, called melanocytes. It occurs when a melanocyte grows uncontrollably and develops into a tumour. Melanoma is most frequently found on the back of men and on the back and legs of women. It is the least common, but most serious, type of skin cancer.

Risk Factors:

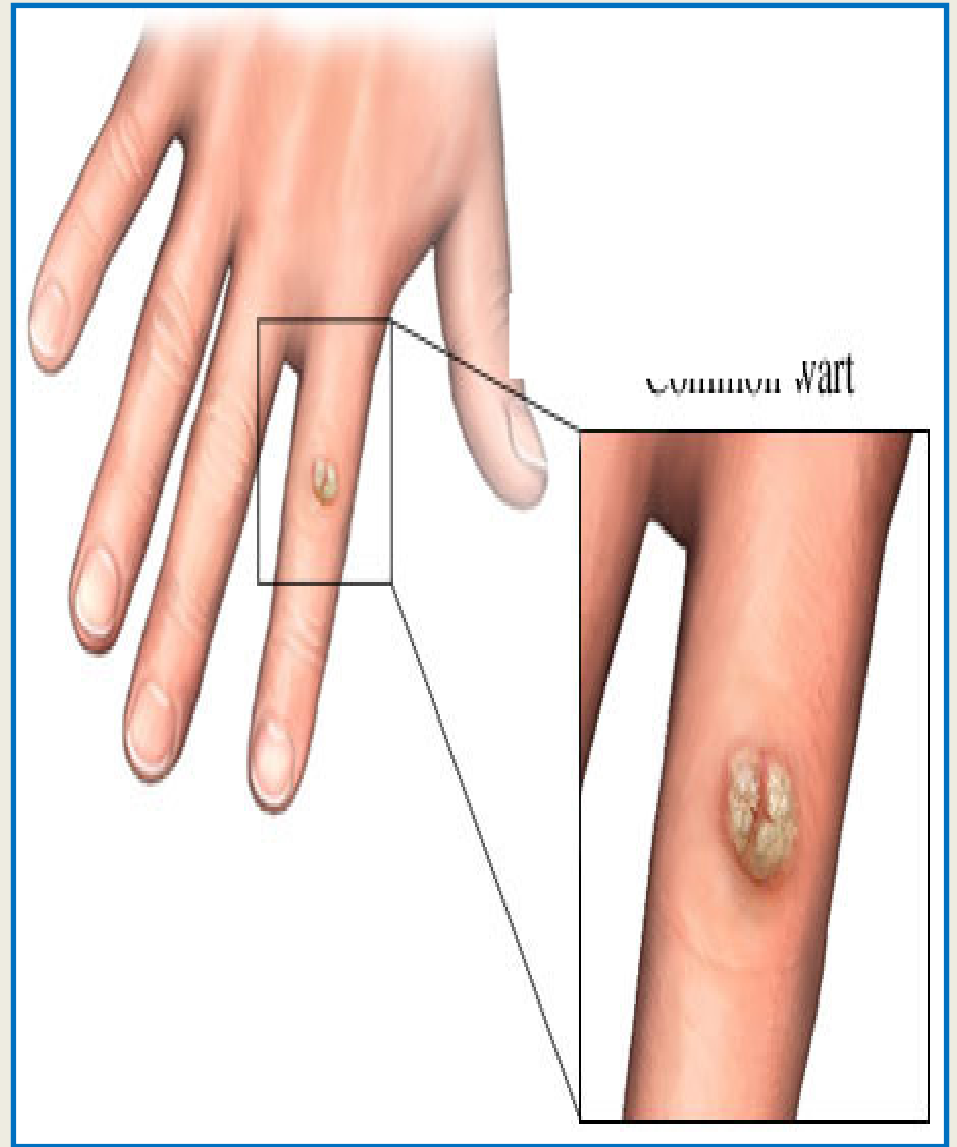
- Personal or family history of melanoma.
- Presence of moles--especially if there are many, or if they are unusual or large.
- Sun sensitivity--sun burning easily, or difficulty tanning.
- Light colored skin, eyes, and hair.
- History of excessive sun exposure.

Public Health Agency of Canada
www.publichealth.gc.ca

Skin Conditions

Pictures from WebMD.com

Common Warts



Plantar Warts



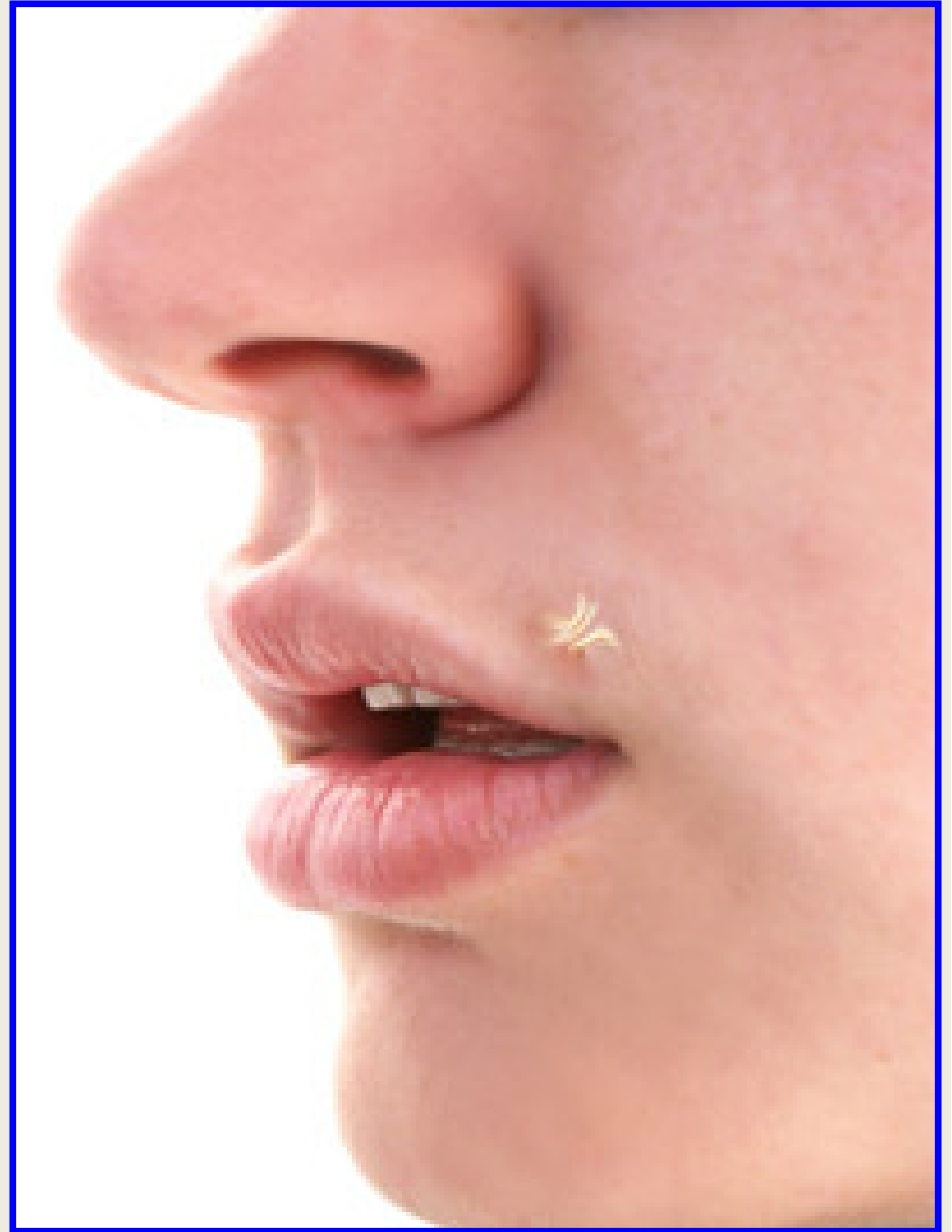
Periungual Warts



Flat Warts



Filaform Warts

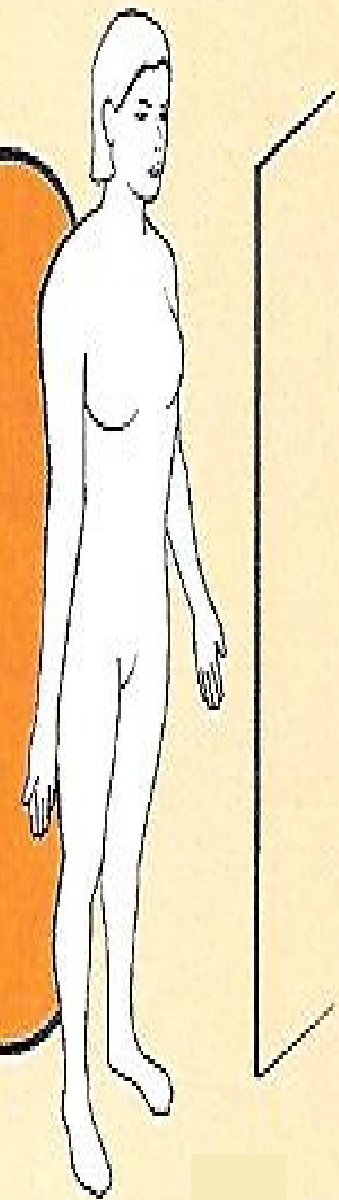


Self Assessment

*Pictures courtesy of the Canadian Dermatology
Association canadienne de dermatologie*

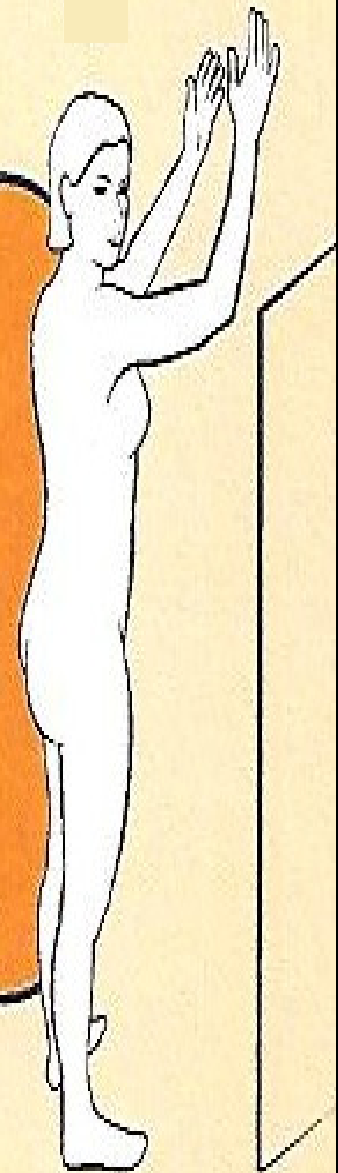
1

Using a mirror in a well lit room,
check the front of your body -
face, neck, shoulders, arms, chest,
abdomen, thighs and lower legs.



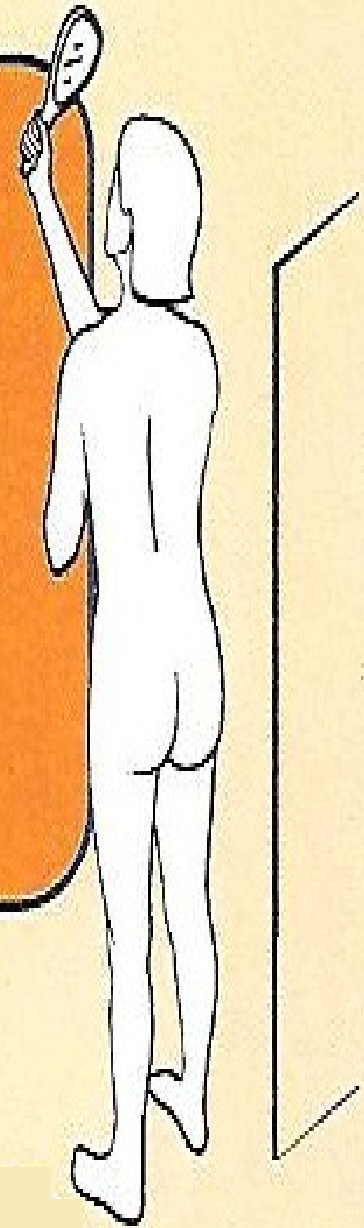
2

Turn sideways, raise your arms and look carefully at the right and left sides of your body, including the underarm area.

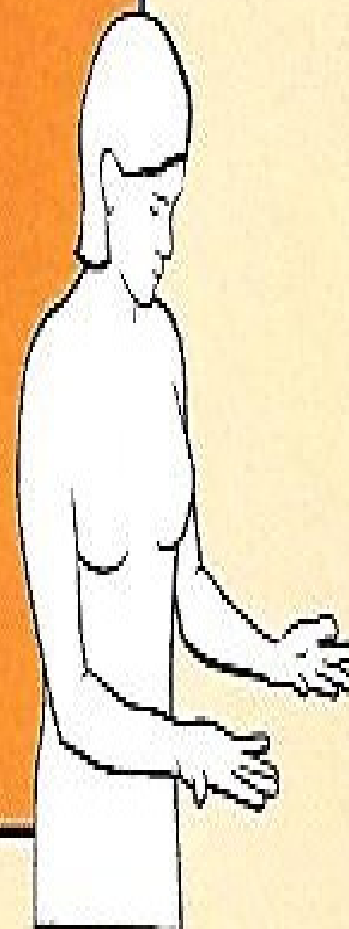


3

With a hand-held mirror, check your upper back, neck and scalp. Next, examine your lower back, buttocks, backs of thighs and calves.

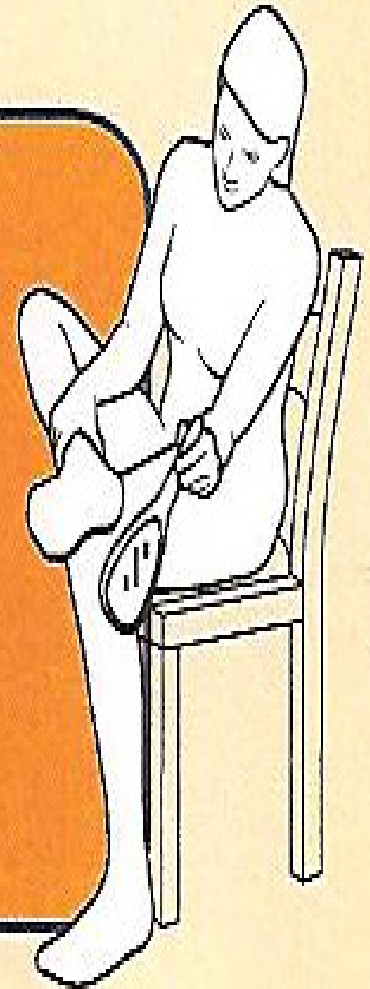


4 Examine your forearms, palms,
back of the hands, fingernails
and in between each finger.



5

Finally, check your feet - the tops, soles, toenails, toes and spaces in between.





*If you have concerns
book an
appointment with
your Healthcare
Professional.*