

Self-examination and sun protection advice for patients

- Self-examine all areas of skin one to three monthly for changes in moles listed in the ABCDE rules. Photographs of the skin can help as a baseline reference. If there are any changes, patients should seek advice from their GP immediately
- Avoid too much sun exposure particularly sunbathing, sunburn and tanning. Use a combination of clothing, sunscreen and behaviour changes for protection.
- Information about this is available on the CRUK and BAD sites (see Useful information box, p30)
- Do not use sun beds or tanning lamps