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Skin Cancer Awareness

- Non-melanoma skin cancer is a common type of cancer that starts in the top layer of skin.
- The main types are basal cell carcinoma (BCC) and squamous cell carcinoma (SCC).
- Non-melanoma skin cancer can often be easily treated.
- The main cause is ultraviolet light, which comes from the sun and is used in sunbeds.
- Things that increase your chances of getting non-melanoma skin cancer include your age, having pale skin and having had skin cancer in the past.
- It's possible to reduce your risk of skin cancer by being careful in the sun – for example, by using sunscreen and reapplying it regularly.

Main symptoms of non-melanoma skin cancer

The main symptom of non-melanoma skin cancer is a growth or unusual patch on the skin.

Any part of your skin can be affected, but it's most common in areas exposed to the sun, such as the:

- head, face and ears
- neck and shoulders
- back
- hands
- lower legs

The growths or patches can vary in colour, size and texture.

See a GP if:

- you have a growth on your skin that's getting bigger or has changed colour or texture.
- you have a growth or area of skin that hurts, itches, bleeds, crusts or scabs for more than 4 weeks.

Finding non-melanoma skin cancer early can mean it's easier to treat.

Staffing

Dr Syeda Batool starts maternity leave at the end beginning of July. While she is off, we will welcome back Dr Charles Nkanor, who previously worked at the practice. He will be working two days a week from August and will cover Dr Batool's patient list.

Enhanced Access Clinics

Enhanced Access appointments are available for ColTe patients on Saturdays in July as follows:

Riverside Health Centre, Manningtree – 6th

Rowhedge Surgery, Colchester – 13th

Tiptree Medical Centre – 20th

Walton Medical Centre – 27th

Please contact reception to book an appointment.

Thank you for reading.

Katie Pirie

Practice Manager