

# CANCER CONVERSATION

**May 2021**

Welcome to our cancer conversation publication for May.

This publication is about having a conversation about cancer with you, which will include information and updates on cancer related issues, education events and the topic of the month.

## **Skin Cancer awareness month**

The biggest cause of skin cancer is too much exposure to UV light from the sun or sunbeds. Melanomas arise from the pigment cells (melanocytes) in the skin and the first signs are often a mole changing in colour or a new brown/black lesion developing in the skin. Ref: British Association of Dermatologists <http://www.bad.org.uk/for-the-public/skin-cancer> Melanoma skin cancer is the 5th most common cancer in the UK. Rates of malignant melanoma are increasing rapidly. Since 1997, there has been an increase of: 155% for over 55s and 63% for under 55s.

Melanoma is less common in people living in the most deprived areas in England. Ref CRUK <https://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancer-type/melanoma-skin-cancer>

## **Sun Exposure**

The British Association of Dermatologists provides guidance and support resources to help Health Care Professionals and Patients to understand the dangers of sun exposure and how to protect skin all year round <https://www.britishskinfoundation.org.uk/are-you-at-risk-of-skin-cancer>

**The ABCD system tells you some of the things to lookout for.** A melanoma may show one or more of the following features:



**Asymmetry** - the two halves of the area differ in their shape.



**Border** - the edges of the area may be irregular or blurred, and sometimes show notches.



**Colour** - this may be uneven. Different shades of black, brown and pink may be seen.



**Diameter** - most melanomas are at least 6 mm in diameter.

## 2WW Referral

It has been highlighted by our Dermatologists the importance of adding **the site of suspicious lesion** on 2ww referral form with some relevant information about the lesion. It would provide them with more information and streamline their triage process.

We have arranged an awareness lunch and learn event in collaboration with a skin cancer Clinical Nurse Specialist on May 20<sup>th</sup> at 1pm. The event is one hour and aimed at any health care professional working in Primary Care across Kent and Medway. To book the event please use the link: <https://www.eventbrite.co.uk/e/153831350711>

If you have any questions or would like further information then please contact [kateregan@nhs.net](mailto:kateregan@nhs.net)

## Dying Matters Week

This week It's Dying Matters Awareness Week! This week we're opening up the conversation around the stigma of death to challenge preconceptions and normalise talking about death.

<https://www.dyingmatters.org/> has information, advice and events happening in your local area.

## Practice Nurse Cancer Course

We are excited to share that our next practice nurse course is now open for registration: please see link below for more information.

[Practice Nurse Course flyer.docx](#)

## Protected Learning Time (PLT) for primary care

The majority of the PLTs will be at PCN level and as a cancer team, we are hoping to come to a 'place near you' soon.

We have had some preliminary meeting to explain to the Clinical Education Facilitators (CEFs) how we can do this and ensuring that we are providing education and support tailored to your needs.

For further information please email Kate Regan: [kateregan@nhs.net](mailto:kateregan@nhs.net)

We would like to hear your views on this bulletin and ask that you spend a few minutes answering a few questions by clicking on this link <https://www.surveymonkey.co.uk/r/D92MH5H>

I will be looking for some ideas for the next bulletin, so please do email me with any ideas and comments, **Ann Courtness, Macmillan Primary Care Nurse Facilitator** [a.courtness@nhs.net](mailto:a.courtness@nhs.net)

Thank you