

WE ARE
MACMILLAN.
CANCER SUPPORT

「我發現膝蓋
背面有一顆痣。
它看起來不正常，
於是我去看了
全科醫生。」

Philip



黑色素瘤的症狀

如果一個人的白皙皮膚在陽光下會變紅、發燙和產生雀斑，則其有較大可能會患上一種叫做黑色素瘤的皮膚癌。要降低這種風險，曝露在陽光下時應多加註意，且不要進行日光浴。

在英國，每年有超過 13,000 人被診斷出患有黑色素瘤。這是 15 至 34 歲年齡段人群中最常見的癌症之一，但任何年齡的人均有可能身患黑色素瘤。

知道注意何種症狀及於何時去看醫生，會產生很大不同。若您出現這些症狀，請不要恐懼，要去做檢查。

若您注意到臉上生出一顆新痣，或現有的痣發生變化，或皮膚發生變化，請去看醫生。若您的痣發生以下變化，請務必去看醫生：

- 大小、形狀或顏色發生變化
- 不對稱
- 具有鋸齒狀邊緣
- 存在多種顏色
或存在棕色陰影
- 寬度大於 7 毫米 (約為一支鉛筆鈍端的大小)
- 刺痛或發癢
- 出血或有硬皮。

若您的指甲發生以下變化，請務必去看醫生：

- 指甲出現深色條紋
- 指甲下面生長異物。

這些症狀也可能是由黑色素瘤以外的其他原因引起。但請不要嘗試自行診斷，要去看醫生。若您確實患有黑色素瘤，越早發現，就越有可能成功治愈。

去檢查這些症狀並非是在浪費醫生的時間。

若能於早期發現，黑色素瘤通常進行簡單治療即可治愈。

若您需要支援或只是想和別人談談，請撥打免費電話 **0808 808 00 00** 聯絡麥克米倫，或造訪 **macmillan.org.uk**

**WE ARE
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**'I FOUND A MOLE ON
THE BACK
OF MY KNEE.
IT DIDN'T
LOOK RIGHT,
SO I WENT TO MY GP.'**

Philip



People with fair skin that freckles and burns in the sun are at a higher risk of getting a type of skin cancer called melanoma. You can reduce your risk by taking care in the sun and not using sunbeds.

More than 13,000 people in the UK are diagnosed with melanoma each year. It is one of the most common cancers in people aged 15–34, but you can get it at any age.

Knowing what changes to look for and when to see your doctor could make a real difference. Don't be scared if you have symptoms – get them checked.

See your doctor straight away if you notice a new mole, a change in an existing mole, or a change in your skin. Always see your doctor if you have a mole that:

- is changing in size, shape or colour
- is not symmetrical
- has a border with jagged edges
- is more than one colour or shade of brown
- is wider than 7mm (about the size of the blunt end of a pencil)
- tingles or itches
- bleeds or is crusty.

You should also see your doctor if you have changes in a nail, such as:

- a new, dark-coloured stripe along part of the nail
- something growing under the nail.

These symptoms can be caused by things other than melanoma. But don't try to diagnose yourself – see your doctor. If you do have melanoma, the sooner it's found, the better the chance of successful treatment.

You are not wasting your doctor's time by getting your symptoms checked.

When it is found early, melanoma can usually be cured with a simple treatment.

If you need support or just want someone to talk to, call Macmillan free on **0808 808 00 00** or visit **macmillan.org.uk**