

Consumer Reflections

CRE Consumer Forum - 15th September 2016

Skin Checks

Thoroughly checking our skin for new and changing moles helps to identify skin cancer earlier, which can improve prognosis. At this consumer forum we wanted to seek the views and reflections of consumers on skin self-examinations and partner-assisted skin examinations.

Most of the consumers conducted skin self-examinations, some conducted them every few months, and one person even conducted them every day. The consumers were comfortable to have others assist them with their skin checks. This was particularly important to check areas that were difficult to see; for example, the scalp and back. Some ask their hairdresser to check for moles on their scalp or their manicurist to check the moles on their hands. Consumers brought up the issue of not finding it easy to identify changes in moles and hence visit their general practitioner or dermatologist on a regular basis. Most found it useful to leave reminders on their mobile phone or calendar to ensure they do not forget to conduct skin checks. Consumers believe it is usually someone else, in particular their spouse who would notice changes in moles. They also reported however, that their doctor valued their input from skin self-examinations. This forum was very useful for CRE investigators as it clearly highlighted how to improve the information materials for consumers on skin examinations.