

Jamison: Patient Education and Wellness

HANDOUT 7.9: INDICATIONS FOR A PROFESSIONAL OPINION: SKIN LESIONS

FINDINGS THAT NEED A PROFESSIONAL OPINION

- ☐ a change in the colour, shape or size of a skin blemish
- ☐ a flat or raised area of skin with a mild intermittent itch
- ☐ an area of skin that bleeds spontaneous or on touching
- ☐ a smooth pinkish pearly lump
- ☐ a persistent rough patch in a sun-exposed area

FINDINGS THAT NEED URGENT ATTENTION

- ☐ asymmetrical lesions
- ☐ lesions with an irregular border. Abrupt breakdown of pigment at the edge of the lesion and radial streaming beyond the border of the lesion are ominous signs
- ☐ lesions of more than 5 mm diameter
- ☐ lesions with a variable colour. Black dots in the periphery of the lesion suggest malignancy
- ☐ flesh-coloured, red or pink nodules which enlarge, ulcerate and crust

See Handout 25.7 for information on how to prevent skin cancer