

Date: _____

Dear _____:

You have now completed your treatment for melanoma at the cancer centre. Your follow-up care will be provided by your family physician/nurse practitioner and your dermatologist (skin doctor).

We recommend the following care for you. Please note that it is your responsibility to book all your own appointments.

- For the first five years you will require a physical examination every six months and then a physical examination every year for the rest of your life.
- Your scar will need to be checked for any changes.
- Your neck, groin and armpits will need to be examined to rule out any lumps (swelling) in your lymph nodes.
- Any moles you have on your body will need to be checked.
- You will need to continue having follow-up appointments with your dermatologist (skin doctor).
- You will need to examine your own skin every month. Please refer to following website for details on how to do a monthly skin self-examination:
<https://www.cancer.org/healthy/be-safe-in-sun/skin-exams.html>

Tips to protect your skin:

- Wear a hat, T-shirt and UV protective sunglasses.
- Wear sunscreen with an SPF 30 or higher.
- Apply (put on) sunscreen 30 minutes before going outside.
- Reapply sunscreen at least every two hours.
- Remember that no sunscreen provides 100% protection.
- Limit your time outside, especially between 11 a.m.-3 p.m. when the sun is hottest.

ABCDE rules for checking moles:

- **Asymmetry:** Does the mole or spot have an irregular shape with two parts that look very different?
- **Border:** Are the edges (border) of the area irregular, blurred or jagged?
- **Colour:** Is the colour uneven? Are there different shades of black, brown and pink?
- **Diameter:** Is the mole or spot at least 6mm in diameter (larger than a pea)? Report any change in size or diameter to your doctor.
- **Expert:** If you have any doubts, make sure to see your doctor or nurse practitioner.

Although you have been discharged from follow up care at the cancer centre, your family doctor or nurse practitioner can refer you back to the Cancer Agency if you need care in the future.

Please feel free to contact the Psychosocial Oncology Department if you need assistance with supportive care services or access to other resources.

Allan Blair Cancer Centre: 306-766-2213

Saskatoon Cancer Centre: 306:655-2662

Sincerely,

Dr. _____