

# Dr. Vignjevic talks about Moles

Guest column by Dr. Peter Vignjevic, Dermatologist



## How to recognize a “bad” mole

1. “A” – Asymmetrical shape (one half of the mole is not identical to the other)
2. “B” – Border that is irregular, notched or “fuzzy”
3. “C” – Colour – more than one colour (brown, black, white, pink, blue)
4. “D” – Diameter – greater than 6 mm (the size of a pencil eraser)
5. “E” – Evolution – a mole in which one of the above characteristics is changing.

A mole with some of these features is not necessarily a skin cancer, but should be checked by your dermatologist.

## How to check your moles

1. Examine your skin once per month.
2. Stand undressed, three feet in front of a full-length mirror. Any moles that you cannot see from three feet away are

generally nothing to worry about.

3. Try to recognize patterns of the moles in your skin.
4. Use a small hand held mirror combined with the full-length mirror to look at your back and the backs of your legs. These are the most common locations for melanoma.
5. Look for the appearance of new moles and the features described above in the description of “bad” moles.
6. Follow up with your dermatologist at least once a year to have your moles checked. If you have any moles that are changing or that you are worried about you should have them checked sooner.

## How to protect yourself from Skin Cancer

1. Avoid the outdoors between 10:00 am to 3:00 pm when the sun is strongest.
2. Wear a sunscreen year round.
3. Use a sunscreen with an SPF of at least 30 such as Anthelios 30 or Anthelios 60. If you are sensitive to perfume use Anthelios 45 Lait.



4. Use a sunscreen which resists water and sweating and which protects against UVA and UVB.
5. Reapply sunscreen every few hours.
6. Wear a broad brimmed hat and protective clothing (e.g. long sleeves)
7. Wear a sunscreen when you are in the shade because it is still possible to burn.
8. Avoid tanning beds. The ultraviolet light they produce causes skin cancer and accelerates aging.
9. Remember to protect your lips with a high quality balm such as Antherpos 50.

Anthelios 30, Anthelios 60, Anthelios 45 Lait and Antherpos 50 are available in my office for your convenience. You may choose to purchase them if you wish.

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# Starting university checklist: Steps to complete

- ✓ Investigate scholarship options early – and not just academics and sports. Your workplace, associations or various charities may also offer alternatives you may not have thought of.
- ✓ Make sure any tuition fees owing are paid and you know—or your child knows—where funds for next semester’s tuition will come from.
- ✓ Teach your child how to prepare and stick to a budget.
- ✓ Talk about household management issues like cleaning and getting along

with roommates.

- ✓ Ensure your son or daughter has sufficient funds to buy textbooks.
- ✓ If necessary, help your child find a place to live (if going to school in another city) and roommates, if needed.
- ✓ Depending on how far away they are attending school, discuss how to finance trips home and how often; will you provide a calling card, cell phone or vehicle?
- ✓ If your child is moving from a small community to a metropolitan city, you

may want to discuss transition issues and investigate the public transit system.

- ✓ Agree with your child on the extent to which you’ll support them financially, so they can budget accordingly. And be prepared for some bumps along the road to fiscal responsibility.
- ✓ Coach your child about using any funds from student loans, scholarships or bursaries responsibly to minimize debt after graduation. **TS**

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