

8 Subtle Signs Of Skin Cancer You Should Never Ignore

Carina Wolff | October 3, 2016



Skin cancer is one of those diseases that may not always be on your mind, but because of this, it can easily go undetected. If you're not making regular appointments to see your dermatologist, you might want to keep your eye out for subtle signs of skin cancer you shouldn't ignore. Checking for abnormalities is important — it could save your life.

"If melanoma is diagnosed and treated in its early stages, it is almost always curable," says dermatologic surgeon and Real Self Contributor Dr. Joel Schlessinger over email. "If it's not caught early, melanoma can spread to other parts of the body, where it becomes hard to treat and can be fatal.

Each year there are more new cases of skin cancer than the combined incidence of cancers of the breast, prostate, lung and colon, according to the Skin Cancer Foundation. "Everyone is at risk for melanoma, but increased risk depends on several factors including sun exposure, number of moles on the skin, skin type and family history," says Schlessinger.

But despite the prevalence of the disease, about 77 percent of people do not feel confident in their abilities to recognize melanomas of the skin, according to research from the British Association of Dermatologists (BAD).

Hopefully, with the help of some insight from a few dermatologists, we can make it easier to know what to look for. When looking at your skin, here are eight subtle signs of skin cancer you shouldn't ignore.

2. Pimples That Doesn't Heal



"A 'pimple' that just doesn't heal or resolve after one month could be a sign of a minor skin cancer," says dermatologist **Dr. Soheil Simzar** of **Ava MD** over email. These pimple-like bumps are often shiny and can bleed.

8. Anything That Bleeds Easily



Watch out for any spot that bleeds easily with minimal friction, such as when drying your face or rubbing it against your pillow, suggests Simzar. You should also look for any oozing or crusting.

If you have any of these issues, don't panic. See your doctor right away, and they can give you the correct diagnosis." Self-examination is useful, but any areas of concern should always be checked by a professional," says Schlessinger. "It's also very important to see a dermatologist at least once a year for a full skin check, or more often if you have a history of skin cancer."

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