

## “I have a mole on my skin I would like checked”

One of our commonest reasons for a request for a consultation is for a skin examination. Often this is for a mole check when there has been **NO** recent change.

**Moles are small, coloured spots on the skin. Most people have them and they're usually nothing to worry about unless they change size, shape or colour.**

[www.nhs.uk/conditions/moles/](http://www.nhs.uk/conditions/moles/)

Of course it is important to regularly check your skin so as any potential skin cancers can be caught early. A recommendation would be once a month.

### Some of the more common ways in which skin cancers can appear include:

- A new, expanding, or changing growth, spot, or bump on the skin
- A sore that bleeds and/or doesn't heal after several weeks
- A rough or scaly red patch, which might crust or bleed
- A wart-like growth
- A mole (or other spot on the skin) that's new or changing in size, shape, or color
- A mole with an odd shape, irregular borders, or areas of different colors

### Things to look for include:

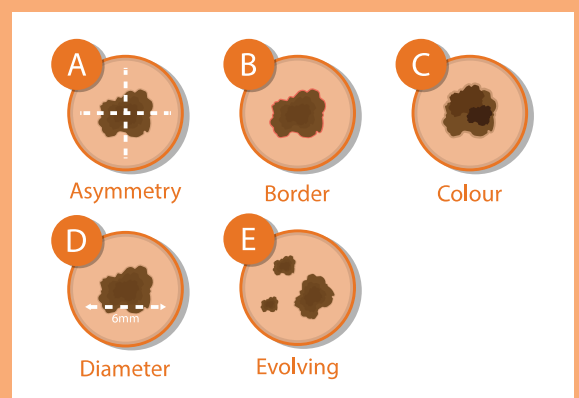
- moles with uneven colouring – most moles only have one or two colours, but melanomas have lots of different shades
- moles with an uneven or ragged edge – moles are usually circular or oval with a smooth border
- bleeding, itching, red, inflamed (swollen) or crusty moles
- moles that get a lot bigger – most moles are no bigger than the width of a pencil

### A helpful way to remember what to look for is to use the ABCDE method:

- A – asymmetry
- B – border irregularity
- C – colour change
- D – diameter
- E – elevated (raised) or enlarged

***Please contact us through our website to arrange an assessment of any skin lesions that fit the above criteria and are changing as outlined above***

***However, please note we do not offer the facility for a reassurance full skin check. If this is something you are looking for then this can be resourced privately at one of the many private clinics that offer this facility in Dorset***



Find skin cancer: How to perform a skin self-exam:  
[www.aad.org/public/diseases/skin-cancer/find/check-skin](http://www.aad.org/public/diseases/skin-cancer/find/check-skin)

## IMPORTANT CHANGES AT CROSSROAD SURGERY

Many of you may be aware of the current pressures which are affecting General Practices nationwide. The overall demand for appointments has increased greatly and therefore we needed to make changes at our practice to be able to manage this demand.

From 12<sup>th</sup> June 2024 the practice is moving to a new triage system where we will ask patients to initially provide some information to enable them to be assessed correctly. This is to improve the management of patient requests and improve patient access at the surgery. When submitting a request online, you will be taken through to a short online form which, once completed, is then assessed by a member of team who will then decide upon the appropriate course of action. This could be a face-to-face or phone appointment with a member of our multidisciplinary clinical team, or perhaps redirection to another provider or service, such as a local pharmacist.

We appreciate that not everyone may have access to our website. In this case, we will be happy to receive your phone call and a member of our reception team will assist you in completing the form. The request form will be available from 7am Monday to Friday until the Practice has reached capacity. If capacity is reached, you will be notified and redirected to another service.

This will mean we will stop using eConsult from this date.

### What are the core benefits for patients?

- Flexible
- Convenient
- The right person for the right problem
- No more waiting in telephone queues

Patients can complete the Online Consulting Form online via our website. All relevant medical enquires will be read by a clinician and will then be directed to the right appointment, resulting in the most appropriate outcome.

You will receive a message confirming your appointment or advice so that you can plan to keep your preferred contact number close by if a clinician needs to call you. You may be sent a link so that you can book your own appointment on a date and time that suits you.

**Our Online Consulting System should not be used for emergencies.**

**Check it's not an emergency.**

**Call 111 or 999 for urgent medical help if you have any of these as your request will not be seen immediately.**

**Please do not use if you have any of these:**

- Crushing chest pain and tightness
- New drooping on one side of the face, slurred speech, difficulty raising your arms, weakness, or numbness on one side of your body.
- Severe difficulty breathing
- Heavy bleeding that won't stop
- Severe injuries
- Feeling suicidal, wanting to harm yourself.

### Contact us online

Need help with a medical  
or admin request?

[New request](#)

systemconnect