

D Hi Joe how are you

P I am really well thank you

D Good take yourself a seat. To what do we owe this pleasure?

P Well basically I've got some moles on the back of my neck and I am just a bit concerned about them. I am really sensitive to the sun and I have been in south east Asia for a year.

D Yep

P Obviously I have been putting sun cream on but on the odd occasion I was getting badly burnt. I was just wanting a check up really.

D So you do a bit of travelling don't you?

P Yeah

D So we don't see a great deal of you.

P No!

D So is there an anxiety around if you are prone to getting cancer of the skin?

P Yeah, it runs in the family as well. My dad has had it three times.

D Tell me more. Has he had melanomas?

P Yeah

D So there is a potential that you family may be more at risk

P Exactly yeah, even with my fair skin

D Anything else we need to talk about?

P No just the moles

D General health been okay?

P Fine

D Life circumstances?

P Fine

D So life is treating you okay?

P Yeah

D So remind me who you are living with at the moment

P I am back with my parents in the UK

D So travelling, work wise what you are doing?

P I work as a marketing assistant. I no longer smoke anymore

D Fab!

P I just stopped with good sense I guess

D Great okay, good news. That's another thing which will look after your skin.

P Exactly, yeah.

D Relationships?

P Single

D What's your sexuality if you don't mind me asking?

P Gay

D Can I just check if you have had any previous concerns about exposures?

P Like sexual health? No no I've been checked out

D And everything was okay? No symptoms or problems at the moment?

P No all okay

D Can I just check about alcohol as well?

P Just a casual drinker

D No issues?

P No not an alcoholic

D Okay good! And you wouldn't regard yourself as someone who drinks excessively?

P No, just a Friday or Saturday thing

D So turning back to your skin. What are you normally like in terms of moles?

P They are mainly just on the back of my neck. It is quite hard to see but there is one when I look in the mirror which seems to have grown.

D Okay

P I don't monitor them closely but I have moments where I look at them.

D Do you want me to have a look at them?

P Yeah, I had my parents looking at them last night. It is difficult to check them.

D Sure. Has there been a change in shape for them?

P I think so, it seems to have got a little bit larger. I did google it so I think I scared myself a little bit.

D Understandable

P Which is not great!

D So you want an objective opinion about them?

P Yeah

D Was there anything else you were particularly hoping I would do for you today?

P No I just wanted to check everything was okay

D To rule out it's not melanoma?

P Yeah

D Are we up to date with blood pressure? Have we ever done it?

P I don't think so

D Shall we take advantage of the situation?

P We can do. Left arm okay?

D Yeah but leave your sleeve down as long as it's not too tight. So let your arm relax on to your thigh.

D Perfect. So can I ask you to stand up if that's okay and we will look at the back of your neck. So lots of freckles.

P Yeah, it all seems to be concentrated on the back of my neck as well. I don't tend to have them anywhere else.

D Your neck is the area that gets exposed to the sun. Which mole was it you were worried about?

P Right here. I think it is the largest one and is the darkest out of all of them.

D You have one here which is slightly darker than the other ones.

P Okay

D And I wouldn't be alarmed by the size of that one

P Okay

D However it is worth while watching the evolution of them. So I will make a measurement today. Have you taken a decent picture of it already? Or got your parents to do it?

P Yeah

D 5mm x 4mm. So it is all the same colour. It does have a slight irregularity to the outline of it, so it is worth while just watching that. If you want me to have a look at it in say a couple months time then that's okay. If there is any changes then let me know sooner. They do look like freckles and there isn't anything that is alarming to me.

P Is it the darker it is the worse it is?

D I will print off a collection of things we should look out for. You are right to be suspicious about moles. If you are in any doubt about it then get a second opinion by a dermatologist. They can get a close look at the skin and its features in more detail. These are the rules you are looking for. A is for the asymmetry of the lesion. At the moment yours has a couple of indentations on either side. That irregularity is probably normal for you.

P Okay

D It would be interesting to see any old picture of you if you had any. When you go out in the sun all of those freckles will become more apparent. What I am looking for are changes like discolouration. Check symmetry. Also the border to see if it is uneven. D is for diameter. At the moment yours is 5mm x 4mm.

P Right

D So it's not big. E is one of the most important ones which is "is it changing?"

P Yep

D If there is any changes then get it checked out. So your neck doesn't look suspicious and the rest are just freckles. It is crucial that you don't burn yourself when travelling. You should wear a broad rim hat and appropriate neck wear. Just to make sure you get covered. Some people prefer to have one of those hats which come down the back.

P I am quite conscious of it and I stay quite protected. I wear factor 50.

D Perfect

P I am also always wearing long sleeves tops; even in England because my skin is that bad.

D There is a potential problem with doing that is you may not be getting enough vitamin D. Your skin should be exposed regularly then you should be getting enough. If you wanted to get your vitamin D level checked then we can do that for you with a simple blood test. The alternative is to take a supplement. The standard strength and most cost effective is called Valupak Vitamin D. You can buy it from places such as Holland and Barrett. It is a thousand international units a day.

P That is something I would consider actually yeah.

D If you do want a blood test we will be happy to do that. Any other queries?

P No that's all

D Remember if there is a suggestion of evolution let's see you again. Give it a couple of months.

P I think the best idea is to get in photographed now.

D Definitely

P Right thanks very much

D Keep in touch

P See you