

Melanoma 1B Cancer Follow-Up Care

Information for patients after completion of
treatment for melanoma cancer

① For more information, please contact:
Skin Cancer Clinical Nurse Specialist Team in York
Telephone: 01904 721719

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What is follow-up care?

Following the completion of your treatment for melanoma cancer you will be followed up for five years. To help us make sure you get all the tests you need, we will add you to our remote monitoring system. This will let us make sure you get everything you need at the right time.

Why is follow-up care important?

The aim of follow-up care is to monitor your wellbeing and physical health. Follow-up care, even if there is no recurrence of cancer, is important from a wellbeing perspective.

Cancer support services can help with any physical, emotional, or social problems or challenges you may face in the months or years following completion of your treatment.

From a physical health perspective, follow-up care helps to identify any signs that cancer may be returning. The possibility of this happening can be some time after completion of your treatment, so you will be followed up for five years. If cancer does return, it could be in the same place or another part of your body.

Follow-up care plan

During the five years, your follow-up care will include:

Test	Timing
Skin survey	Carried out every six months for a year after the diagnosis, and yearly for four years (Y2-Y5).
Vitamin D	Carried out six months after treatment.
Ultrasound* *See Explanation of terms	Carried out every six months in the first year after treatment, and yearly for two years (Y2&Y3).

You will be provided with dates of scheduled tests and blood forms by your skin cancer clinical nurse in person or by post.

For blood tests, please visit one of your local blood taking services, taking your blood form with you. The attached information explains where you can get your blood test done or you can access the list via this link: <https://www.yorkhospitals.nhs.uk/our-services/a-z-of-services/blood-taking-service-phlebotomy/>

You will be notified of your blood results by letter with recommendations for adjusting your Vitamin D supplementation if required.

Monitoring your health

Sometimes cancer can recur and may not always be immediately identifiable at follow-up. You may be the first to notice something different or unusual between your scheduled follow-up tests.

If you notice any changes in your health, please let one of the skin cancer specialist nurses know. They can then help identify whether these changes are related to cancer, the treatment you have completed, or something else entirely.

Key signs and symptoms to look out for

Look at any mole or skin spot using these five checks:

- Asymmetry. One half does not match the other.
- Border. The edges are uneven, jagged, or blurred.
- Colour. There are several colours or shades in one spot.
- Diameter. It is larger than 7 mm across (about the size of a pencil top).
- Evolving. It is changing in size, shape or how it feels.
- Look out for any non healing areas of skin.
- Please also let your skin cancer nurse or consultant know about any new skin changes including lumps or bumps, especially near your scar or further away on your skin.

Look Out for General Health Changes:

- Swollen lymph nodes (e.g. in your neck, armpit, or groin)
- New, ongoing pain in bones or joints
- Unexplained weight loss or fatigue
- Persistent cough, shortness of breath or chest pain
- Headaches, dizziness, or vision changes

Living with and beyond cancer

It is common to experience difficult or challenging emotions, such as stress, depression, or anxiety after cancer treatment. Many people find it helpful to talk about their feelings with others such as family and friends, health professionals, or counsellors. Being part of a support group may also help.

However, if you continue to experience depression, anxiety, or stress over a prolonged period, please ask your skin cancer clinical nurse or GP who may be able to refer you for further help and advice.

There is a dedicated Cancer Wellbeing Service in York and Scarborough that provides a wide range of free information and support to patients, their relatives, friends, and carers.

Macmillan Cancer Care Centre at:

York Hospital, Wigginton Road, York, YO31 8HE,
telephone 01904 721166

Scarborough Hospital, Woodlands Drive, Scarborough,
YO12 6QL, telephone 01723 342606

Finally

Please do not hesitate to contact your skin cancer clinical specialist nurse team, if you are worried about anything related to melanoma cancer or are experiencing any of the signs or symptoms mentioned above. We are here to support you and help to ease any worries or concerns.

Our regular hours are:

Monday - Friday 8am - 4 pm

Skin Cancer Clinical Nurse Specialist Team in

York: 01904 721719

Email: yhs-tr.skincancer.cns.team@nhs.net

Out of hours please contact 111 or in case of an emergency 999.

Explanation of terms

Skin survey

A skin survey is a careful check of your skin from head to toe to look for any unusual spots, moles, or changes. It can be done by you at home or by a doctor or nurse during a check-up. The goal is to catch early signs of skin cancer or changes that might need further care

Vitamin D monitoring

Vitamin D monitoring is the process of checking the amount of vitamin D in your blood. This is usually done with a simple blood test. After melanoma treatment, you may be advised to limit sun exposure - which can lower your vitamin D levels. This test helps make sure your body still gets enough of this important vitamin to keep your bones strong, support your immune system, and maintain overall health.

Your doctor may suggest regular blood tests and, if needed, vitamin D supplements to keep your levels in a healthy range.

Ultrasound

As part your follow-up, you may have regular ultrasounds to check the lymph nodes near where the melanoma was.

This scan uses sound waves to look for any changes that cannot be seen or felt during a physical exam. It is quick, painless, and helps detect early signs that the cancer may have returned. Not everyone with Stage 1B melanoma will need ultrasounds - your care team will decide what is best for you.

View this leaflet online, please scan the QR code below:



Space for your notes and questions

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact Skin Cancer Clinical Nurse Specialist Team - see contact details on front page.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:
www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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