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How to check your skin for Actinic Keratosis

**AK Global Day,
24th May 2023**

Actinic Keratosis (AK) is a common, chronic and potentially pre-cancerous skin condition, caused by cumulative exposure to the sun.²

AK lesions themselves aren't immediately harmful **but can develop into a type of skin cancer if left untreated.³⁻⁵** The good news is that when diagnosed early, most AKs can be successfully cleared.⁷

That's why it's important to check your skin for this 'early warning sign'.

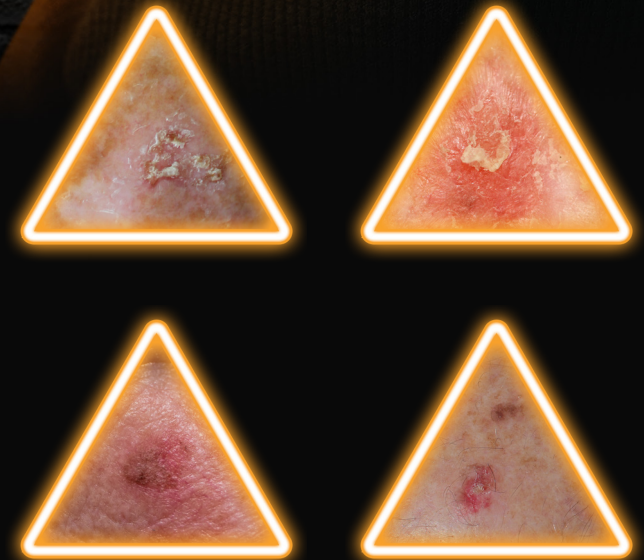
What do AK lesions look like?

- ◆ Often small, rough, scaly areas of skin⁶
- ◆ Usually 1-2cm in size⁶
- ◆ Red, white, pink, flesh-toned, or a combination of colours⁶
- ◆ Appearing on their own or in patches⁶
- ◆ Some are not visible but are identifiable by their rough texture⁶
- ◆ Two lesions can look different, even on the same person⁶

On the lips, look for:

- ◆ Dry, scaly patches that do not heal⁶
- ◆ White, scaly plaques⁶
- ◆ Loss of colour⁶

Visible AKs can be a sign of further 'non-visible' lesions beneath the skin,¹¹ so always seek advice from your doctor if you find any unusual marks.



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Go to the AK Global Day website for all references.

How do I check my skin?

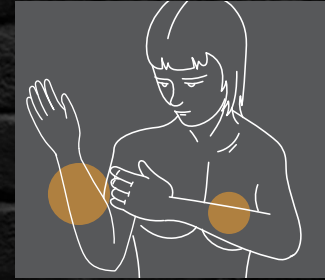
Check your skin once a month, for any changes or unusual marks. Stand in front of a full-length mirror and use a hand mirror for those hard-to-see places.



1 Check your face, including your nose, lips, mouth and on and behind your ears.



2 Part your hair in layers, to examine your scalp. If you don't have much hair, check your entire scalp thoroughly.



3 Check your arms, starting at your shoulder and moving down to the hands.

What if I find something?

Firstly - don't be afraid. AK is an 'early warning', and most can be successfully cleared, when diagnosed promptly.⁷ If you see the signs of AK or anything you think is unusual on your skin, make an appointment with your dermatologist straight away, and get it checked.

For more information visit

akglobalday.almirall.com

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References available on AK Global Day webpage.