

“Skin Cancer- What to Look For”

Rochester Recreation
Club for the Deaf
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Supporters

- Deaf Health Community Committee Members
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 - Matt Starr
 - Patrick Sullivan
- University of Rochester's Center for Community Health
- Rochester Recreation Club for the Deaf ("REAP")



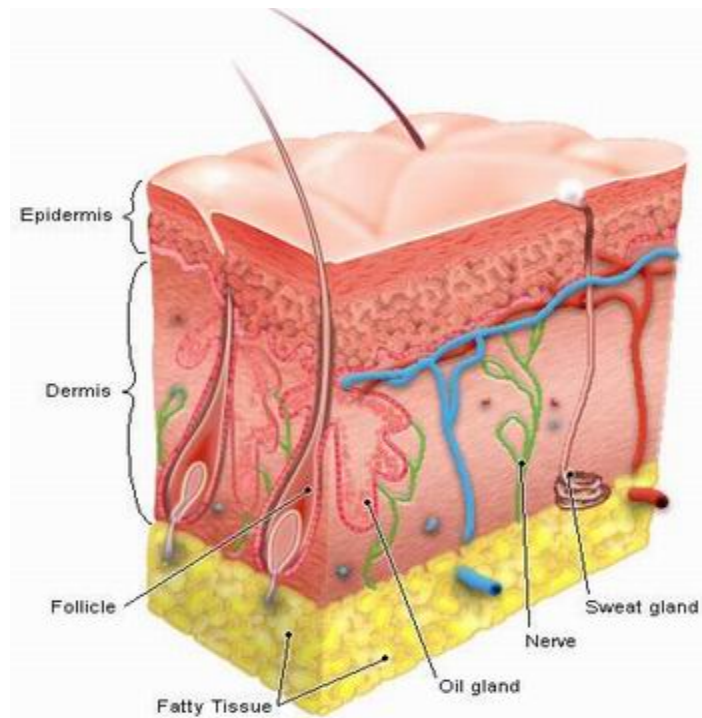
Overview

- Skin Overview
- What is skin cancer?
- Who is at risk?
- How common is skin cancer?
- Signs of skin cancer
- Prevention
- Treatments



Skin Overview

- Skin is the largest organ in your body
- Epidermis- contains squamous and basal cells and melanocytes
- Dermis- contains glands, vessels and nerve receptors



Normal Skin

http://www.medical-look.com/diseases_images/Skin-diseases1.jpg



What is Skin Cancer?

- Cancer cells growing in skin tissue
- Most common type of cancer
- 3 common types
 - Squamous cell
 - Basal cell
 - Melanoma



How Common is Skin Cancer?

- 3.5 million cases annually ⁽¹⁾
- 20% of people will develop skin cancer in their lifetime ⁽¹⁾
- Sun exposure are associated with 90% of skin cancers ⁽²⁾



Who's at risk for skin cancer?

- **Everyone is at risk!**
- Those at higher risk:
 - Lot of sun exposure
 - Fair or light skinned individuals
 - Smokers
 - Older people
 - Those with weak immune systems



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<http://www.offthemarkcartoons.com/cartoons/1994-05-30.gif>



What to Look for?

- Check for anything new:
 - New mole (that looks different from your other moles)
 - New skin changes or patches
 - Change in the size, shape, color, or feel of a mole
 - Sore that does not heal
 - Check yourself from head to toe. Don't forget to check your back, scalp, genital area, and between your buttocks
- Remember your A, B, C and D's:
 - Asymmetry
 - Border
 - Color
 - Diameter

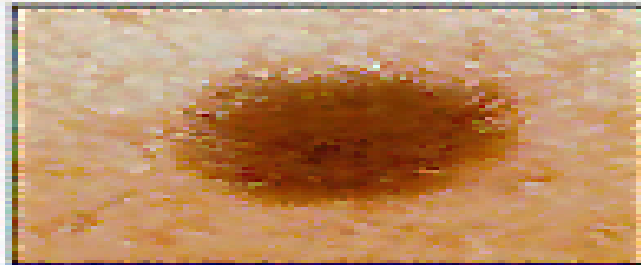
Next Slide: <http://www.skin-cancers.info/graph-of-skin-cancer.jpg>



Benign

Malignant

A. Asymmetry

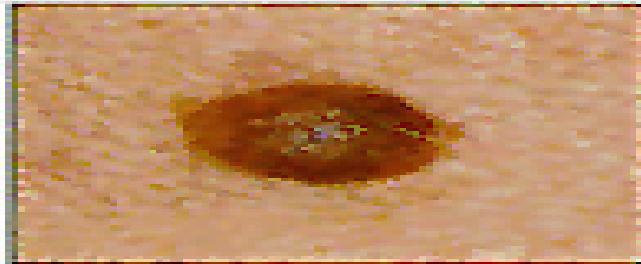


Symmetrical



Asymmetrical

B. Border

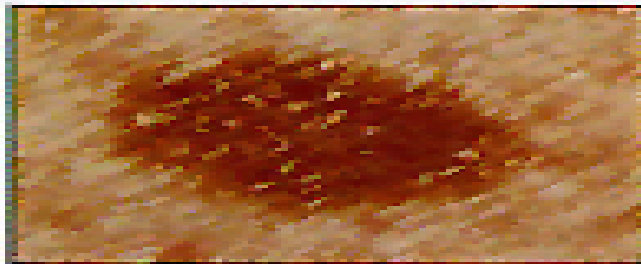


Even edges

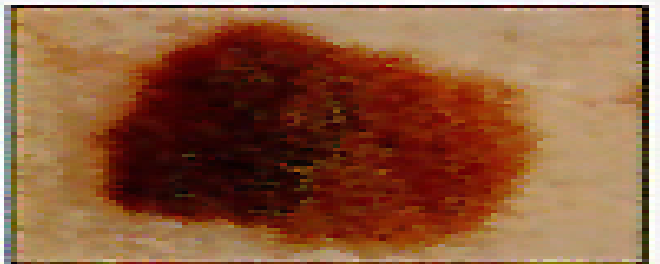


Uneven edges

C. Color



One shade

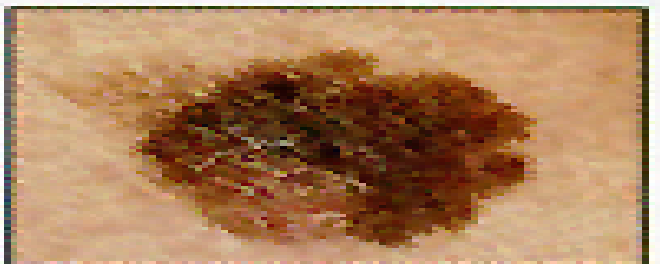


Two or more shades

D. Diameter



Smaller than 6 mm



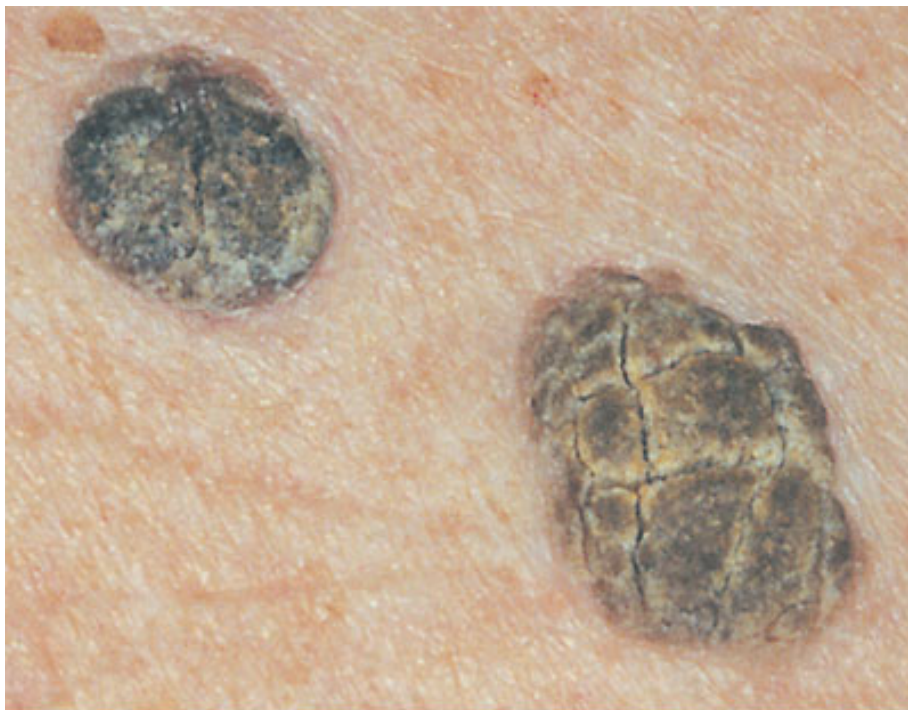
Larger than 6 mm

Sometimes it is not that clear

- Skin cancer may appear “normal”
- Benign (“normal”) looking moles or lesions may still be cancer



Skin Cancer or Benign Mole?



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- Benign!
- Seborrheic keratosis is a common and non cancerous lesion
- “Wisdom moles”

http://www.riversideonline.com/source/images/image_popup/sn7_seborrheickeratosis3.jpg



Skin Cancer or Benign Mole?



- Cancer!
- Melanoma is a dangerous cancer!
- It kills more people than any other skin cancer type

http://www.healthhype.com/wp-content/uploads/melanoma_skin_cancer.jpg



Skin Cancer or Benign Mole?



- Benign!
- Skin tags are common skin lesions
- Some may have hundreds of them
- Easily removed

http://feathertouchelectrolysis.ca/skin_tags_polyps_91.jpg



Skin Cancer or Benign Mole?



- Cancer!
- Basal cell carcinoma is the most common skin cancer type
- Slow growing
- Easily treated

http://www.virtualmedicalcentre.com/uploads/VMC/DiseaseImages/455_Basal_Cell_Carcinoma_of_the_Skin.jpg



Skin Cancer or Benign?

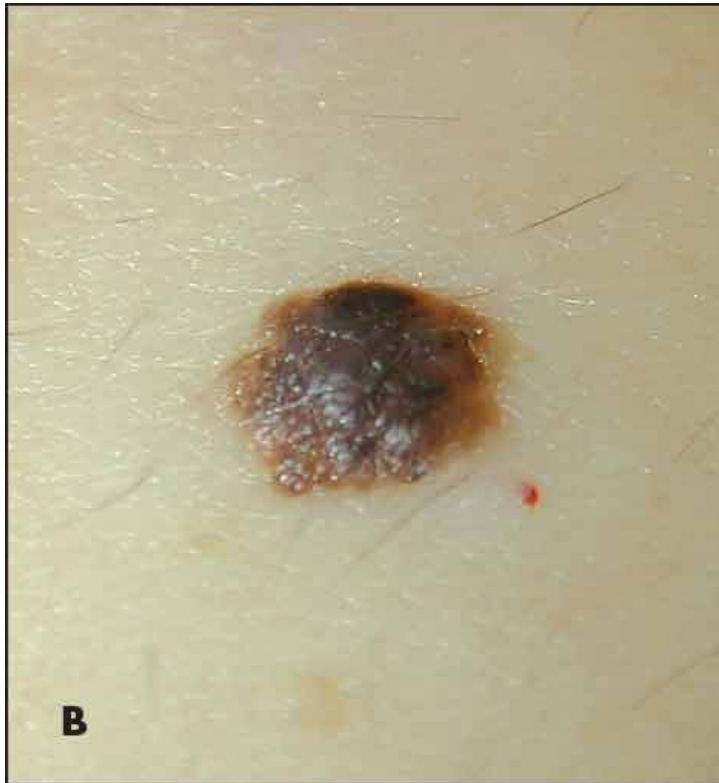


- Benign!
- Melanocytic nevus is common and can appear in many different shapes and colors
- Many are birthmarks

http://www.skindsight.com/images/dx/webInfant/congenitalMelanocyticNevus_33234_lg.jpg



Skin Cancer or Benign?



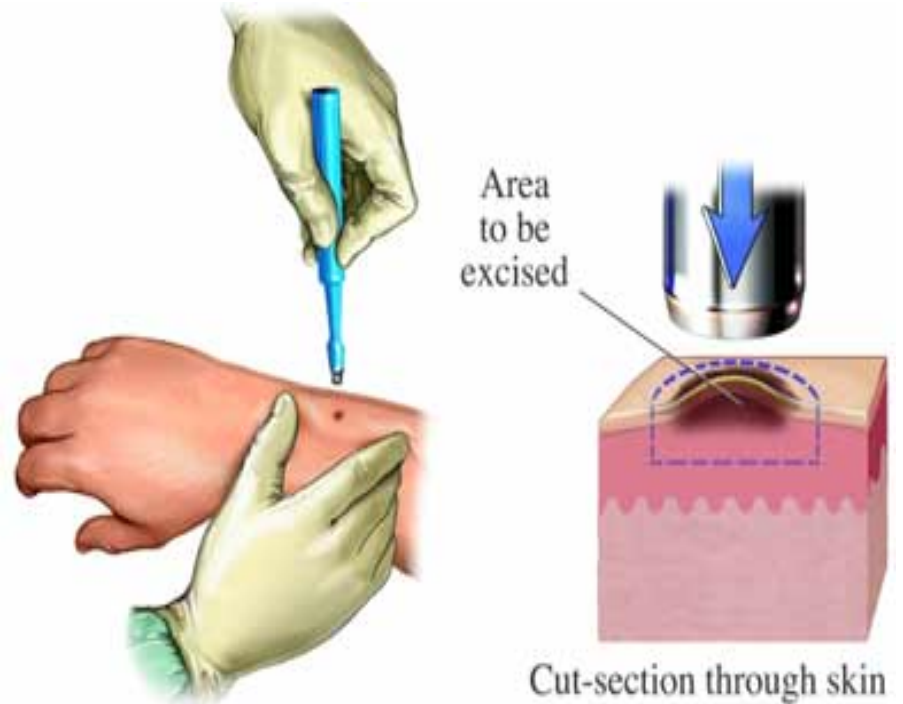
- Benign!
- Melanocytic nevus can look like cancer
- Best evaluated by skin biopsy to make sure not cancer

http://www.skindsight.com/images/dx/webInfant/congenitalMelanocyticNevus_33234_lg.jpg



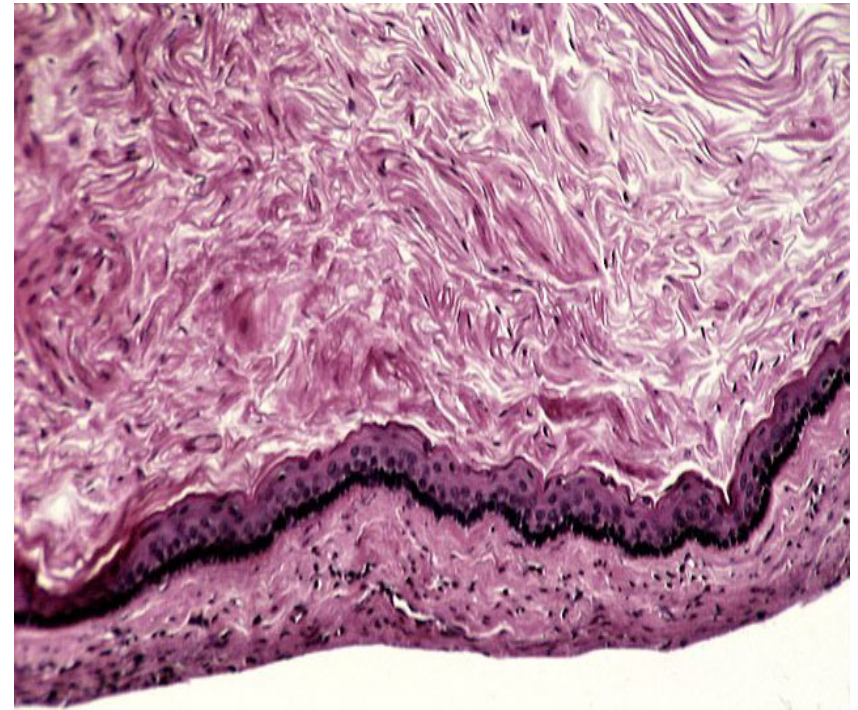
Testing

- Skin biopsy should be considered for any lesion that looks suspicious (possible cancer)
- Easy outpatient procedure



Testing

- Skin biopsy tissue is sent to pathology lab
- Results are sent back to doctor



<http://path.upmc.edu/cases/case109/images/micro6.jpg>

Prevention

- Protect your skin from sun damage!
 - Wear sunglasses
 - Wear clothing
 - Wear hats
 - Use sunscreen
 - Avoid sun at its peak (10 am to 3 pm)
 - Avoid tanning salons!



Ultraviolet Radiation (Sun Rays)

- UV A
 - increases risk for melanoma
 - Most sunscreen do not block this
 - Causes premature aging
 - Tanning beds
- UV B
 - increases risk for basal or squamous cell cancers
 - Most sunscreen block this
 - Causes most of the sunburn

<http://www.sunprotection.net/ultraviolet.html>;



Sunscreens

- SPF= Sun protection factor
- Average person starts to burn in 10-15 minutes
- Using a SPF of 50 will give up to 500-750 minutes of protection
- Look for sunscreen that block both UVA and UVB



Sunscreen

- Reapply if:
 - Sweating
 - Swimming in water
 - Doing any activity that rubs on your skin (wears off the sunscreen)



Check ups are recommended

- Follow up with doctor for once a year skin check ups
- Check your skin every month for skin changes
- Have your partner check areas that are hard to see



Questions???

- Thank you!
- Next Deaf Health Talk on June 17, 2010

