Supporters

- Deaf Health Community Committee Members
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  - Michael McKee
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- 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

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

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

A. Asymmetry
Benign: Symmetrical
Malignant: Asymmetrical

B. Border
Benign: Even edges
Malignant: Uneven edges

C. Color
Benign: One shade
Malignant: Two or more shades

D. Diameter
Benign: Smaller than 6 mm
Malignant: 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?

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

http://www.riversideonline.com/source/images/image_popup/sn7_seborrheickkeratosis3.jpg
Skin Cancer or Benign Mole?

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

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

Skin Cancer or Benign?

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

http://www.skinsight.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.skinsight.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
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