

Preventive Skin Care Fact or Fiction?

Rochester Recreation Club for the Deaf
July 21, 2011

Sponsored by R.E.A.P. & DHCC

It's summer & the sun's out!



Why stay inside?



All that glitters is not gold



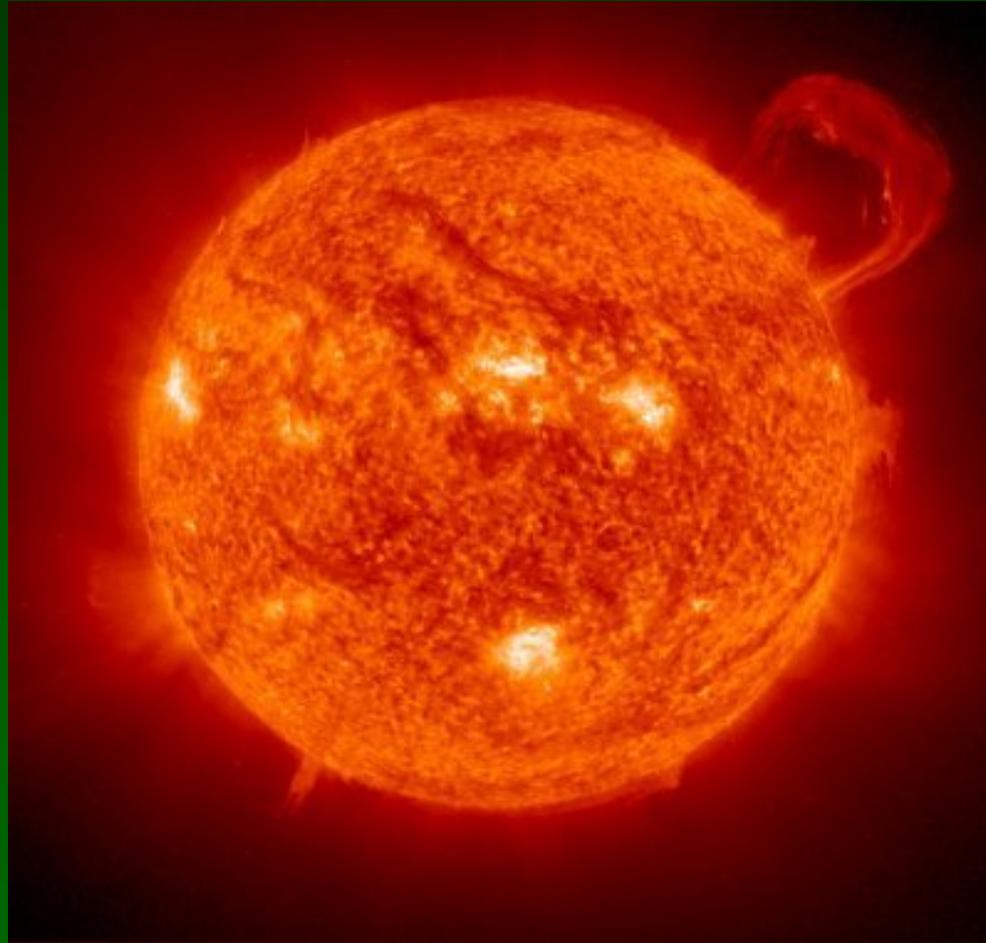
<http://www.attackingosoccer.com/2010/12/henson-to-oompa-loompa-for-tan-ad/>



<http://www.bestfaketans.org.uk/tag/tanning-lotions/>



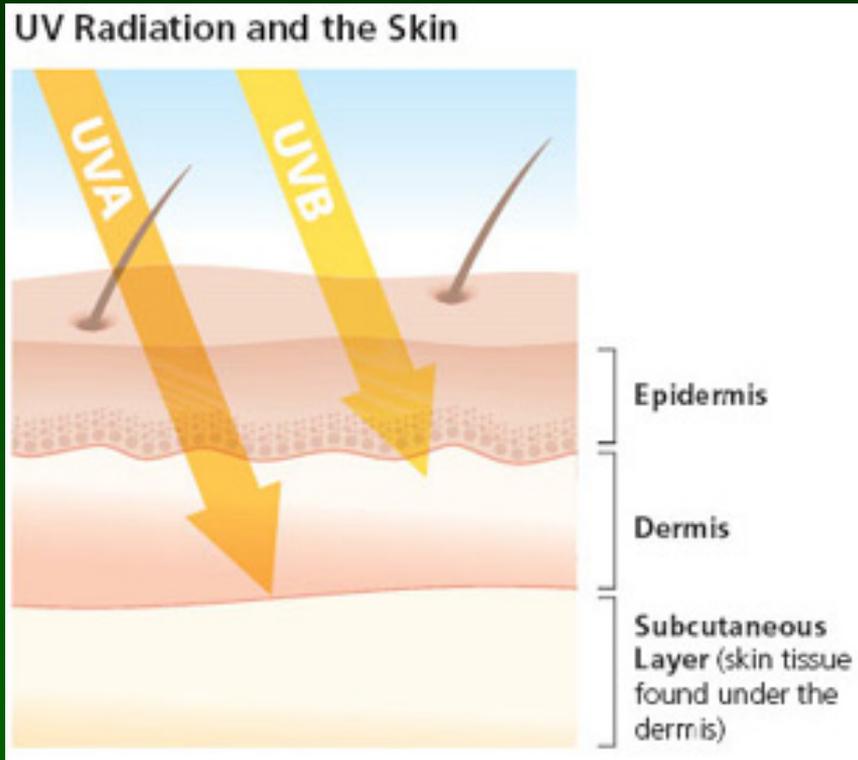
Our Magnificent Sun



UNIVERSITY of
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UV Radiation: The Good and Bad



■ The Good

- ◆ Source of Vitamin D
- ◆ Mood Enhancer

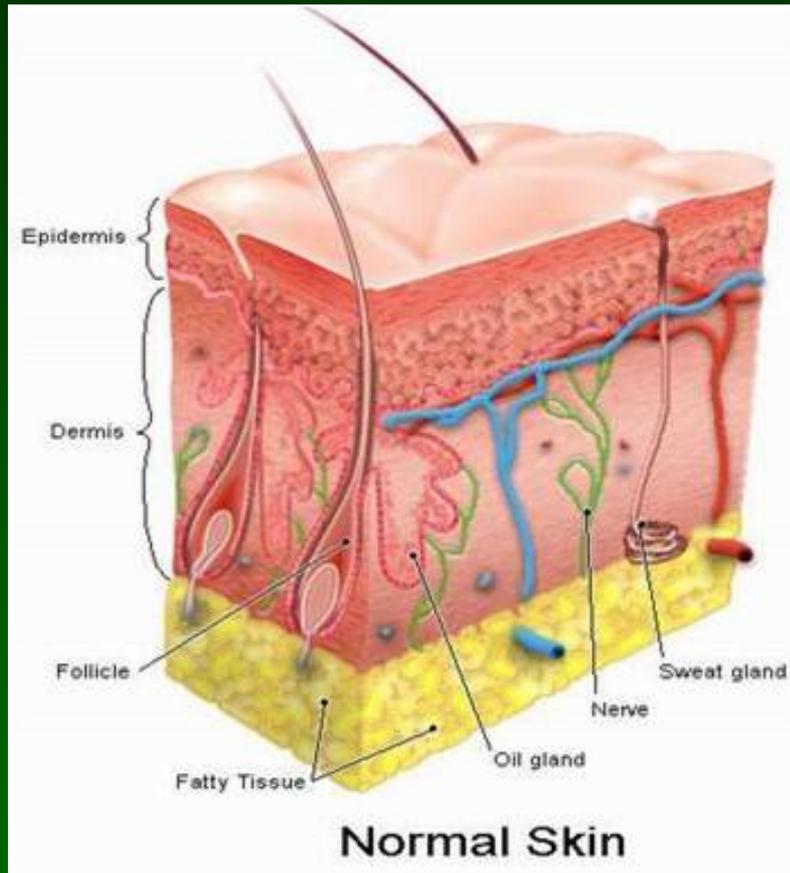
■ The Bad

- ◆ Premature Skin Aging
- ◆ Cararacts
- ◆ Skin Cancer **

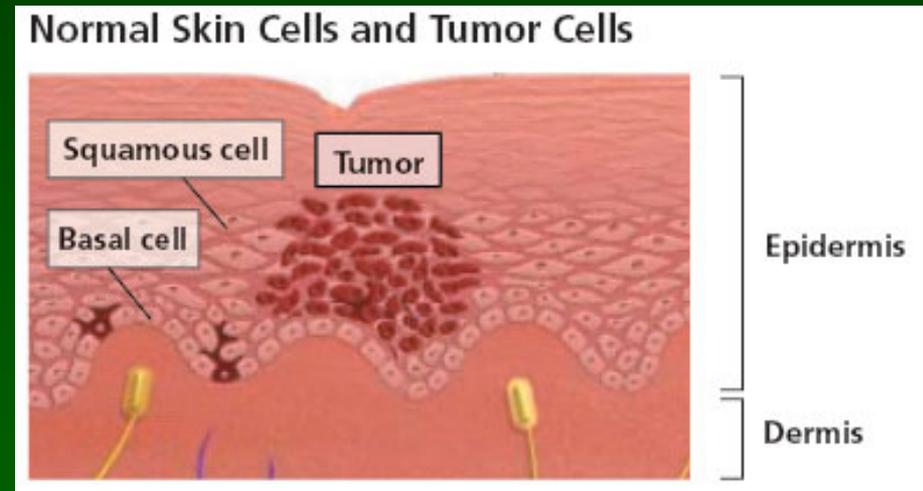
<http://www.skincancer.org/understanding-uva-and-uvb.html>



What is skin cancer?



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



<http://www.skincancer.org/understanding-uva-and-uvb.html>



How common is skin cancer?

- 1 out of 3 cancers = skin cancer ¹
- 10 million and counting ¹
- 20% of people will develop skin cancer in their lifetime ²
- Sun exposure are associated with 90% of skin cancers ³

1. Uptodate.com (2011).

2. Howard, et al. (2006) Incidence Estimate of Non-melanoma Skin Cancer in the United States. *Archives of Dermatology* 2010.

3. <http://www.skincancer.org/Skin-Cancer-Facts/>



Early warning signs to look for

Hyperkeratotic actinic keratosis



Actinic keratosis of the forehead with typical surrounding erythema and irregular hyperkeratosis.
Courtesy of James C Shaw, MD.

UpToDate



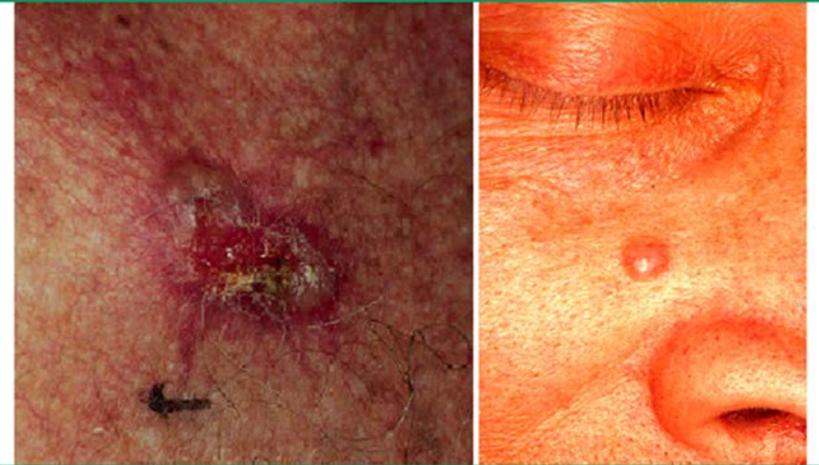
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Basal Cell Carcinoma



Nodular basal cell carcinoma



A typical nodular basal cell carcinoma presents as a well-circumscribed nodule with a translucent or pearly appearance and telangiectasias (most evident in the left panel).

Courtesy of James C Shaw, MD.

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Squamous Cell Carcinoma



Melanoma

Superficial spreading melanoma



Superficial spreading melanoma on the left posterior leg of a 29-year-old woman.

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Lentigo maligna melanoma



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Lentigo maligna melanoma



Lentigo maligna melanoma usually arises in areas of sun-damaged skin, particularly on the head and neck. It begins as a freckle-like tan-brown macule and gradually enlarges and develops darker, asymmetric foci, raised areas, and color variegation.

Courtesy of James C Shaw, MD.

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Superficial spreading melanoma



This lesion is asymmetric, presents irregular borders and irregular distribution of the pigmentation.

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Nodular melanoma



Nodular melanomas present a discrete nodule, usually with dark pigmentation, although they may be amelanotic, as depicted above.

Courtesy of James C Shaw, MD.

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Subungual acral lentiginous melanoma



Melanoma originating from the nail matrix. An area of hyperpigmentation of the proximal nail fold (Hutchinson sign) is present.

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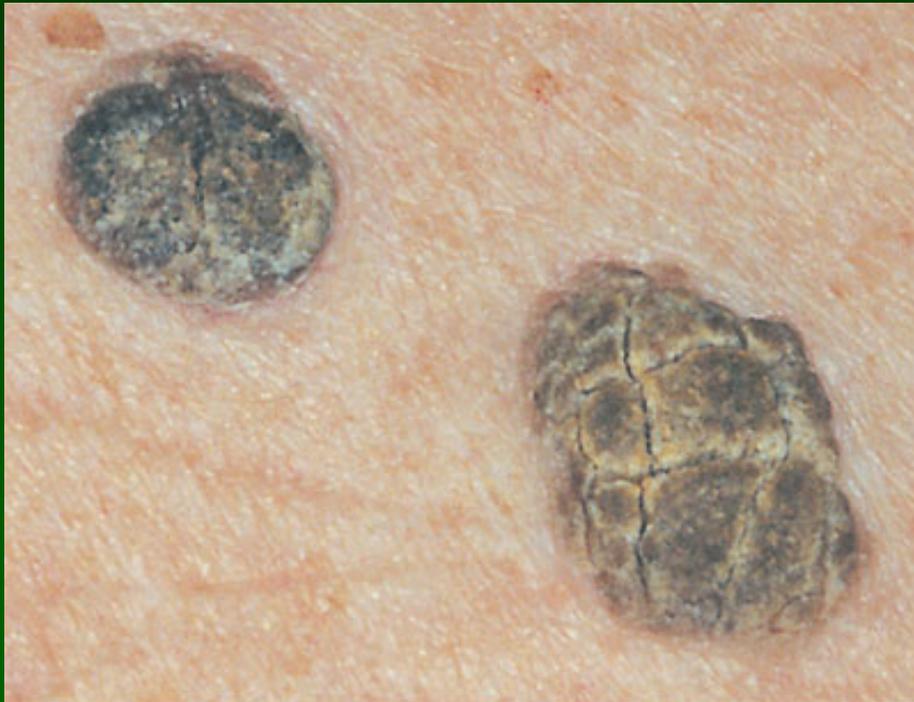
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Sometimes it is not that clear

- 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 noncancerous 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.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.skindsight.com/images/dx/webInfant/congenitalMelanocyticNevus_33234_lg.jpg



Moles that need YOUR attention

Atypical melanocytic nevi



Multiple melanocytic nevi on the posterior trunk, some of which are large in size (>6 mm) and/or have variegated pigmentation.

Courtesy of Clara Curiel-Lewandrowski, MD.

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Dysplastic nevus



The dysplastic nevus has irregular borders and multiple colors.

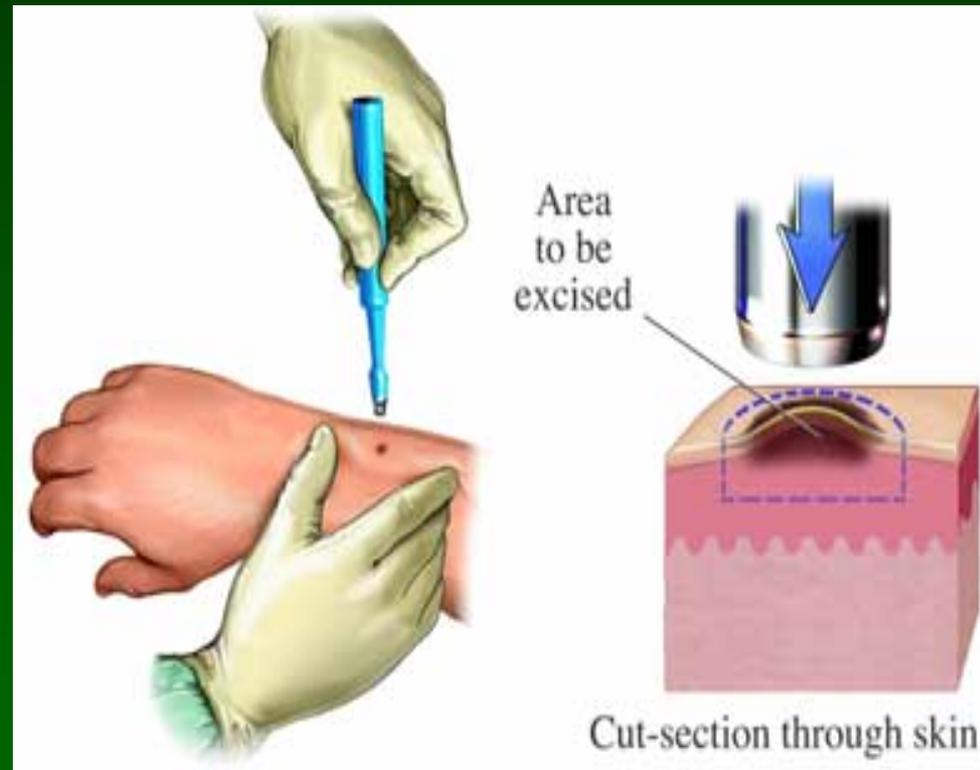
Courtesy of Beth G Goldstein, MD and Adam O Goldstein, MD.

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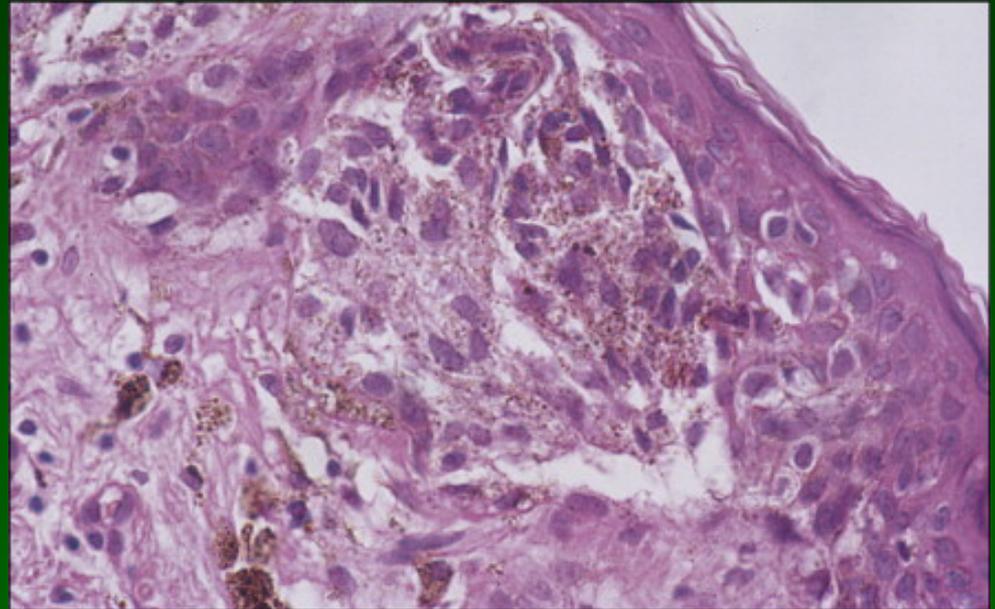
How do we know for sure?

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



How doctors know good from bad...

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

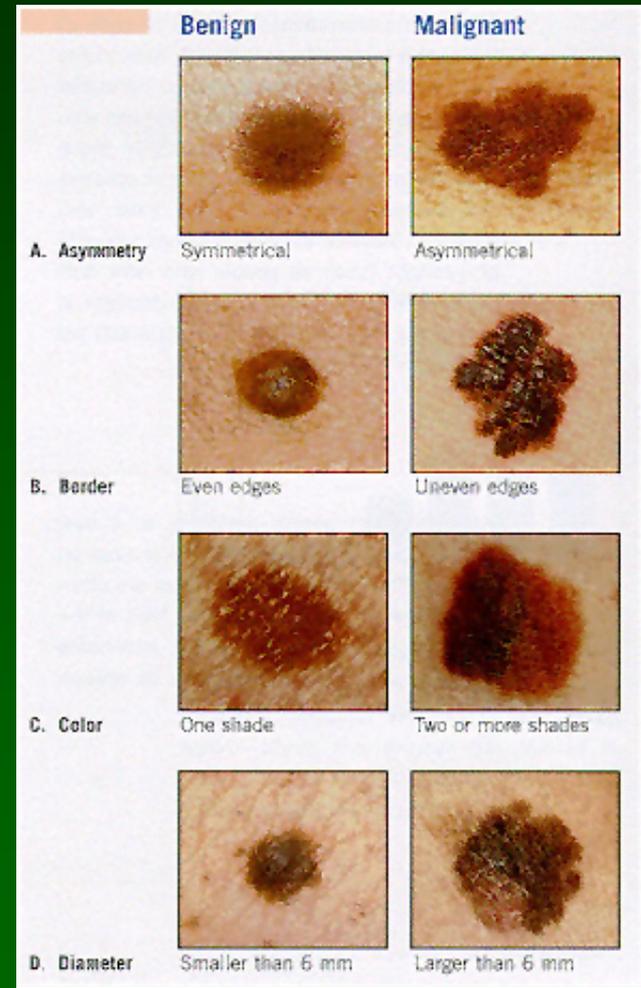


Yanoff & Duker: Ophthalmology, 3rd ed.
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Do you know your ABC's?

- **A** = Asymmetry
- **B** = Border irregularities
- **C** = Color variations
- **D** = Diameter greater than 6 mm
- **E** = Enlargement or evolution of changes in color, shape, etc.



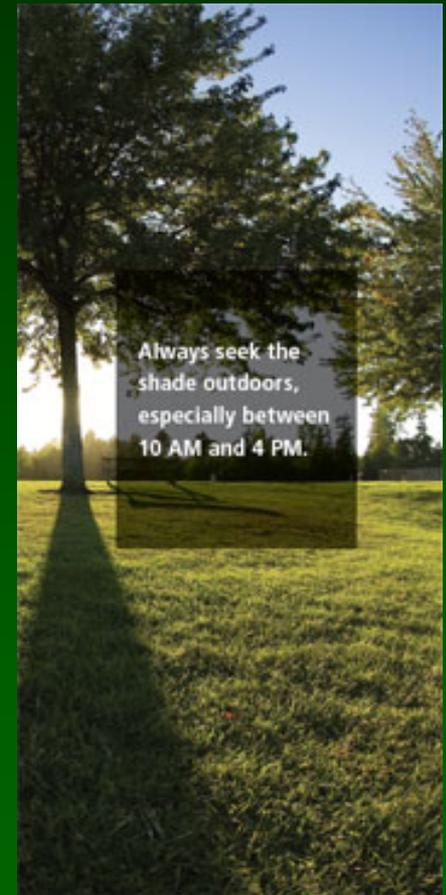
<http://www.skin-cancers.info/graph-of-skin-cancer.jpg>



How do I protect myself?



Wear sunglasses
Wear clothing
Wear hats
Use sunscreen
Avoid sun at its peak
(10 am to 3 pm)
Avoid tanning salons!



<http://www.skincancer.org/understanding-uva-and-uvb.html>



Sun protection: What to look for?

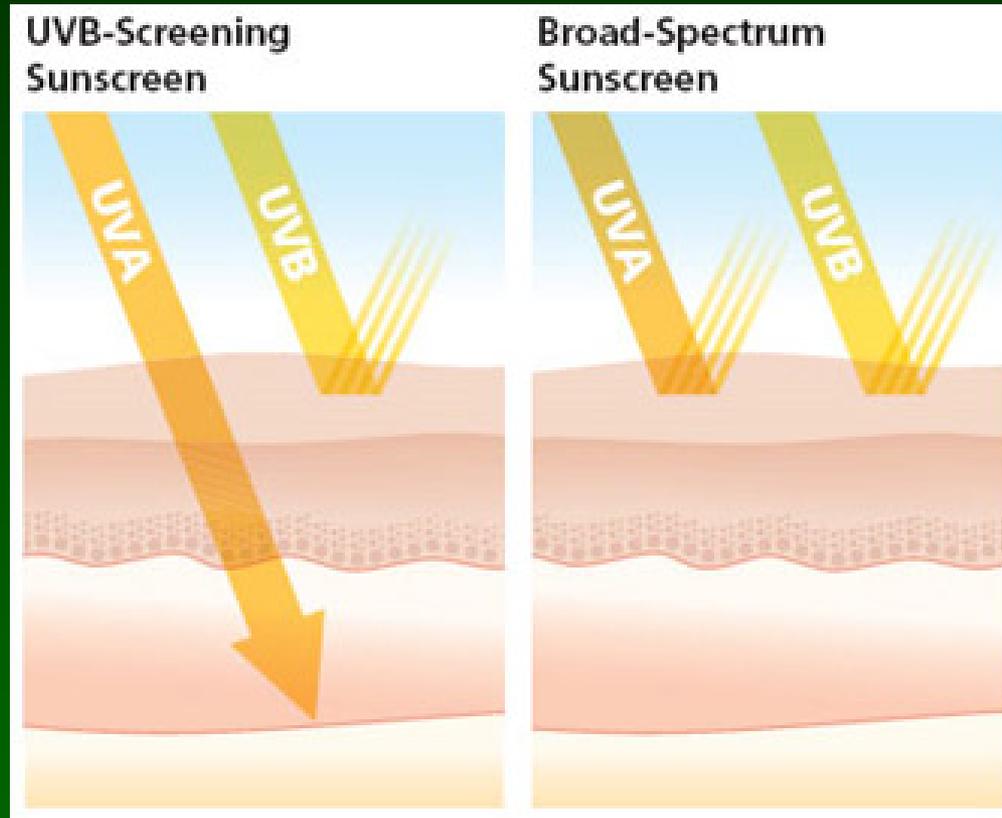


Sunscreens

- 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: How does it work?



<http://www.skincancer.org/understanding-uva-and-uvb.html>



Practice GOOD habits!

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

Just remember, the more you use, the better!



Preventive is Key!

- See your doctor every year!
- Check your skin every month for any changes in skin color, shape, or touch
- Have a partner check your skin in areas that are hard to see or reach





Any Questions?