

Protect Your-Self from Skin Cancer & Melanoma

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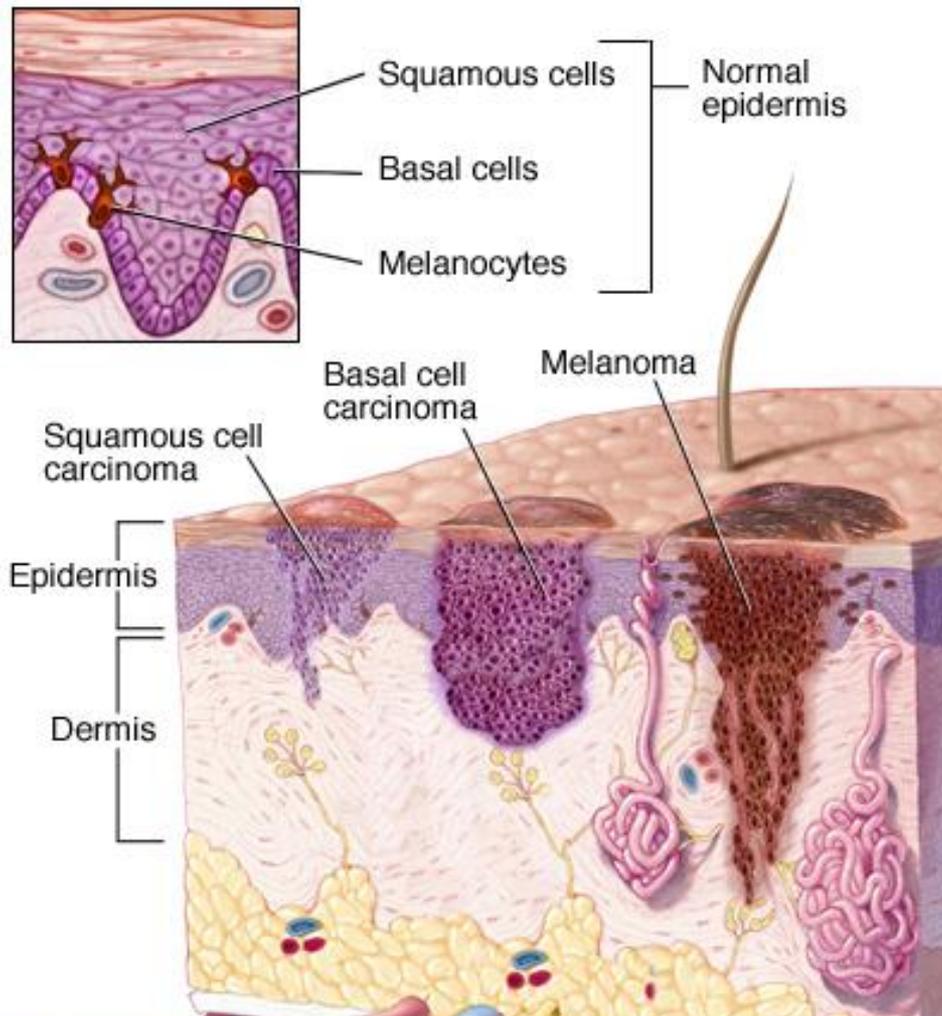
Skin Cancer is Common

- 63,000 cases of melanoma diagnosed in a year
- 10,500 cases died from Skin Cancer
 - 8000 deaths –Melanoma
 - 2500 deaths –Non-melanoma Skin Cancers

When Melanoma is detected at an early stage, most cases can be cured by surgical removal the lesion.

Types of Skin Cancer

- **Basal cell carcinoma** - occurs in sun-exposed areas of the body; neck or face
- **Squamous cell carcinoma** - occurs on sun-exposed areas of the body; face, ears and hands. People with darker skin are more likely to develop squamous cell carcinoma on areas that aren't often exposed to the sun.
- **Melanoma** - can develop anywhere on your body, in otherwise normal skin or in an existing mole that becomes cancerous. Melanoma most often appears on the face or the trunk of affected men. In women, this type of cancer most often develops on the lower legs. In both men and women, melanoma can occur on skin that hasn't been exposed to the sun. Melanoma can affect people of any skin tone. In people with darker skin tones, melanoma tends to occur on the palms or soles, or under the fingernails or toenails.



Normal Skin & Cancerous Skin

Risk Factors

- Fair Skin
- A history of sunburns
- Excessive sun exposure
- Excessive tanning exposure
- Sunny or high altitude
- Moles
- A family history of skin cancer
- A personal history of skin cancer
- A weakened immune system
- Radiation exposure



Tanning Facts



- Exposure to artificial UV rays in tanning bed before age 35 years increase risk of melanoma
- The risk of melanoma increased with the number of tanning bed sessions per year.
- It is not safe to tan either in the sun or in a tanning booth.
- The more you tan and the younger you start tanning, the more likely it is that you will get melanoma.
- Tanning beds put out **3 - 6 times** the amount of radiation given off by the sun.
- Using a tanning bed for 20 minutes is equivalent to spending one to 3 hours a day at the beach with no sun protection at all.

For most people, 5-10 minutes of unprotected sun 2-3 times a week is enough to help your skin make Vitamin D

Melanoma Facts

- Melanoma rates are increasing faster than nearly all other cancers.
- Melanoma is a relatively easy disease to prevent.
- Most melanomas are easy to stop if caught soon enough — all it takes is a yearly skin exam.
- Melanoma is the most common cancer among women aged 25-32
- The New England states have a higher than average rate of melanoma



Warning Signs: Spots changing in Size, Shape or Color



A. Asymmetry

One half of the mole is unlike the other half.



B: Border

The border of the mole is irregular, scalloped, or poorly defined.



C: Color

The mole is varied from area to another. There may be shades of tan and brown and black and sometimes even white, red or blue.



D: Diameter

The diameter of the mole is larger than 6 mm (as a rule), which is the same diameter of a pencil eraser.

A. Asymmetry



Asymmetrical skin growths, in which one part is different from the other, may indicate melanoma. Here, the left side of the mole is dark and slightly raised, whereas the right side is lighter in color and flat.

B: Border



Melanomas may have borders that are vaguely defined. Growths with irregular, notched or scalloped borders need to be examined by a doctor.

C: Color



Multiple colors or uneven distribution of color may indicate cancer.

D: Diameter



A skin growth's large size may be an indication of cancer. Have your doctor check out any growth larger than the diameter of a pencil eraser — about 1/4 inch (6 millimeters).

Ways to Protect Your-Self

- Avoid the sun during the middle of the day- 10 AM - 4 PM
- Wear sun screen year round
- Wear Sun Protective
- Avoid tanning bed
- Be aware of sun-sensitizing medication; Antibiotics, Diuretics,
- Check your skin regularly and report changes to your doctors- 30% of all melanoma in men arises on the back



SUN, SAND, AND SAFETY

- **If possible, wear a shirt**
- **Apply sunscreen**
 - Reapply frequently, especially if getting wet
- **Wear a hat –Wide brim**
 - 2-3 inch brim all around to protect ears, eyes, forehead, nose, and scalp
 - A baseball cap only protects the front and top, not the neck or ears
- **Wear UV sunglasses**
 - Labels “UV absorption up to 400nm” or “Meets ANSI UV requirements” = glasses block >99% of UV rays
 - “Cosmetic” = blocks 70% of UV rays
 - No label = don’t assume any UV ray protection
- **Seek shade**



CHOOSING A SUNSCREEN



- **Sun protection factor (SPF)** – the level of protection the sunscreen provides against UVB rays
 - SPF 30 = 1 minute of UVB rays exposure for every 30 minutes spent in the sun
- **SPF Scale**
 - SPF 15 filters out ≈ 93% of UVB rays
 - SPF 30 filters out ≈ 97%
 - SPF 50 ≈ 98%
 - SPF 100 ≈ 99%
- No sunscreen protects you 100%
- **Broad spectrum sunscreen** – protects from both UVA and UVB rays
 - **Ultraviolet A (UVA)** age skin
 - **Ultraviolet B (UVB)** burn skin
 - Both contribute to skin damage and skin cancer.
- **Water resistant** – labeled as protecting skin for 40 or 80 minutes of swimming or sweating
- **Check expiration dates**
 - Usually good for 2-3 years
 - Shake bottle to remix sunscreen