Melanoma and Nonmelanoma Skin Cancer
Tips for Early Detection

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1 in every 5 people will develop skin cancer in their lifetime

https://www.skincancer.org/skin-cancer-information/skin-cancer-facts/a
3 Common Types of Skin Cancer

- Basal Cell Carcinoma
- Squamous Cell Carcinoma
- Melanoma
epidermis
dermis

squamous cell
tbasal cell
epigermis
dermis

melanocytes
Which of these is most common?

- Basal cell cancer: 3.6 million/year
- Squamous cell cancer: 1.8 million/year
- Melanoma: ~207,000/year
Which of these is most deadly?

BCC  Most common 70%

SCC  2nd most common 20%

Melanoma  3rd most common 10%
Melanoma deaths decreased dramatically in the last decade.
Squamous Cell Carcinoma

The latest figures suggest that > 15,000 people die of SCC of the skin in the U.S. each year — more than twice as many as from melanoma (9730).

Skin cancer can affect anyone
Melanoma
Skin Cancers can be Deceptive: BCC
No one is immune
Know Your Risk Factors
risk factors
surveillance
Skin Type and Hair Color

Up to 4-fold increased risk melanoma

MC1R gene mutation
Family History of Melanoma

Risk increases if a first-degree relative has melanoma

- Parents
- Siblings
- Children

Many Moles (Nevi)

2- to 12-fold increased risk melanoma

JAMA 1997;277:1439-1444 (U. of Penn)
Age

1  2  3  4
Risk Factors: Immunosuppression

Organ transplant patients, CLL, HIV
down the shore
(doun· thuh· shawr) idiom
Sun exposure
> 5 sunburns doubles the risk of melanoma

https://www.skincancer.org/skin-cancer-information/skin-cancer-facts/
ONE blistering sunburn in childhood doubles the risk of melanoma.
Healthy glow?
TANNING MOM IN COURT

FACING CHILD ENDANGERMENT CHARGES

IS SHE ADDICTED TO TANNING?
How can you detect these cancers?
Basal Cell Carcinoma
(Most common skin cancer)
Basal Cell Cancer

"Pearly pink papule"
Basal Cell Cancer
Basal Cell Cancer
Squamous Cell Carcinoma
(Second most common skin cancer)
Squamous Cell Cancer

Scaly and red - can spread to other parts of the body
Actinic Keratoses

Early signs of extensive sun damage
Actinic Keratoses can evolve to SCCs

SCC
Actinic keratosis
Malignant Melanoma
Melanoma

Only 20 - 30% of melanomas are found in existing moles (nevi)

70 – 80% arise on apparently normal skin
Know your ABCDEs

- Asymmetry
- Borders
- Colors
- Diameter
- Evolving
Asymmetry
Border irregularity
Color Variegation
Diameter: Larger lesions
Evolution: New, change in size, color, elevation
Look for the “Ugly Duckling”

MELANOMA RECOGNITION

UGLY DUCKLING SIGN: A LESION THAT APPEARS TO BE AN OUTLIER IN THE PRESENCE OF SIMILAR-APPEARING MOLES

A. ASYMMETRY IN SHAPE - ONE HALF UNLIKE THE OTHER
B. BORDER IRREGULARITY
C. COLOR VARIABILITY - SHADES OF BROWN, BLACK, GRAY, RED, AND WHITE
D. DIAMETER GREATER THAN 6 MM
E. EVOLVING - THE LESION IS CHANGING IN SIZE, SHAPE, OR SHADE OF COLOR

THE FOUR MAJOR TYPES OF MELANOMA ARE SUPERFICIAL SPREADING, NODULAR, LENTIGO MALIGNA, AND ACRAL LENTIGINOUS

I THINK YOU SHOULD GET THAT CHECKED OUT.
The Ugly Duckling Sign

“My mole is getting bigger.”

Changes in Size And Color are noted in at least 70% of early melanomas.

Early melanoma

Rhodes AR et al. Dermatologic Therapy 2006
Signs to look for

- Sun damage
- Red spot, bleeding spot
- Spot that “won’t heal”
- Scaly growths
- Any unusual pigmented lesion (ABCDE)
- Any changing lesion
Partner with a skin cancer specialist
Check Yourself

- Total body SELF-skin exams help us know our baseline so we can recognize new and changing lesions.
Early Detection is KEY

Survival rates are highest when cancers are caught early

The estimated 5-year survival rate for patients whose melanoma is detected early is ~ 99 percent.