

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



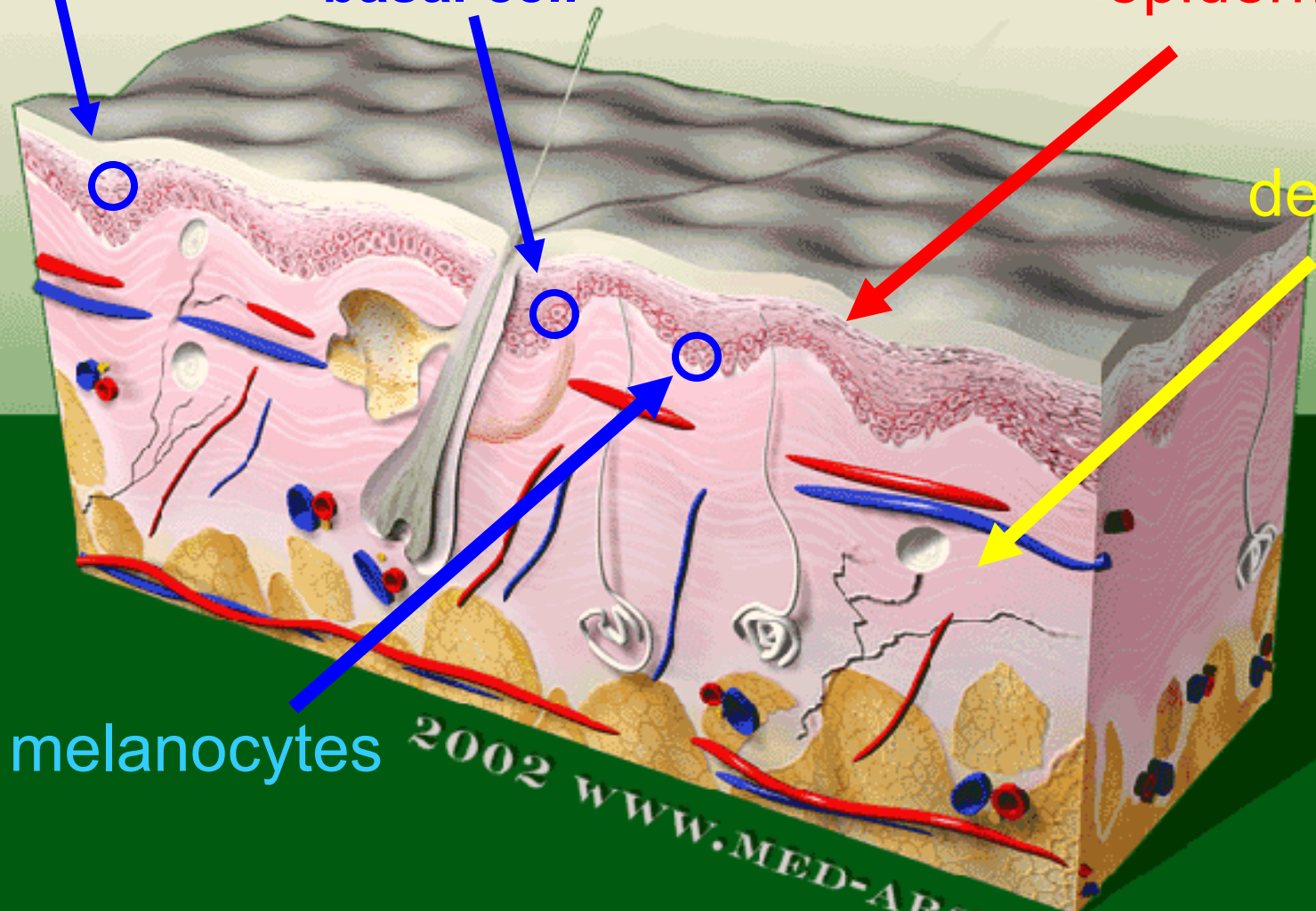
squamous cell

basal cell

epidermis

dermis

melanocytes



2002 WWW.MED-ARS.IT

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



SCC



Melanoma

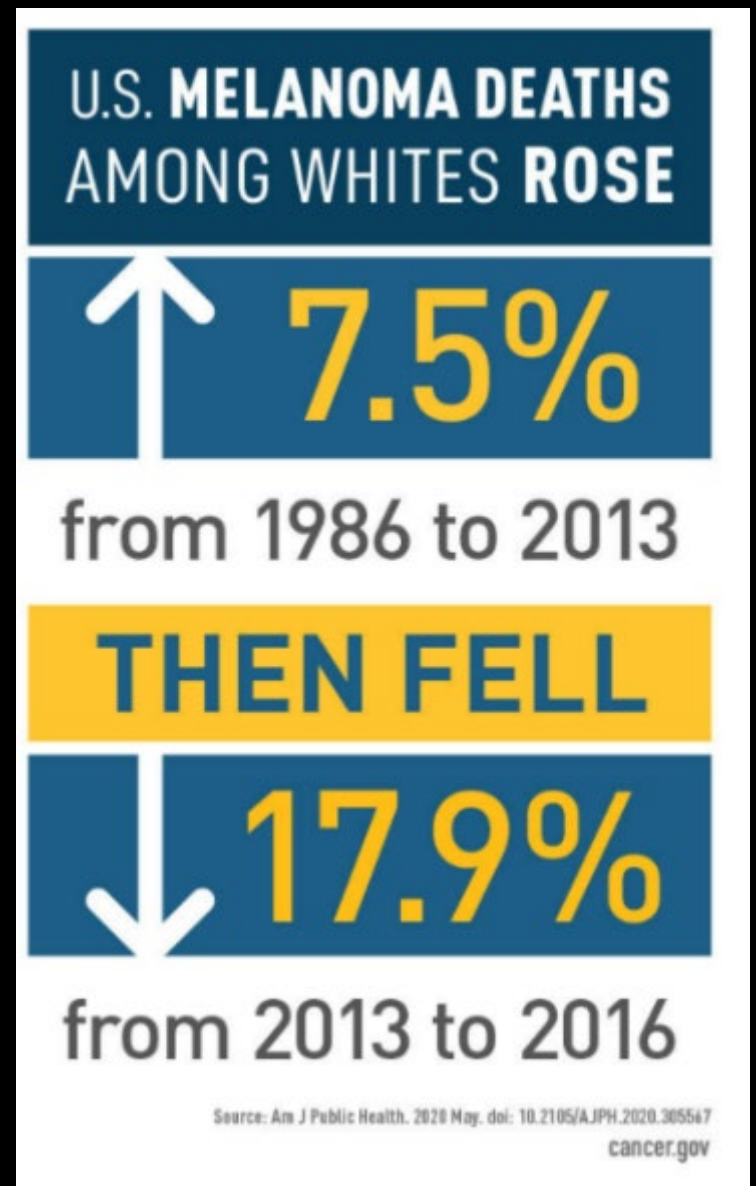


Most common
70%

2nd most common
20%

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

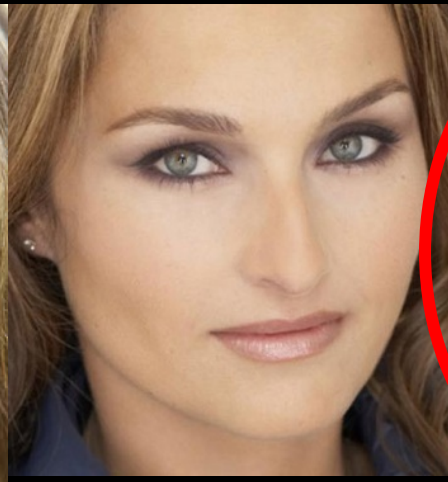
Age



1



2



3



4

Risk Factors: Immunosuppression



Organ transplant patients, CLL, HIV



down · the · shore

(doun · thuh · shawr) *idiom*



Sun exposure



Sunburn

1



2



3



4



5



> 5 sunburns doubles the risk of melanoma

Blistering Sunburn



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

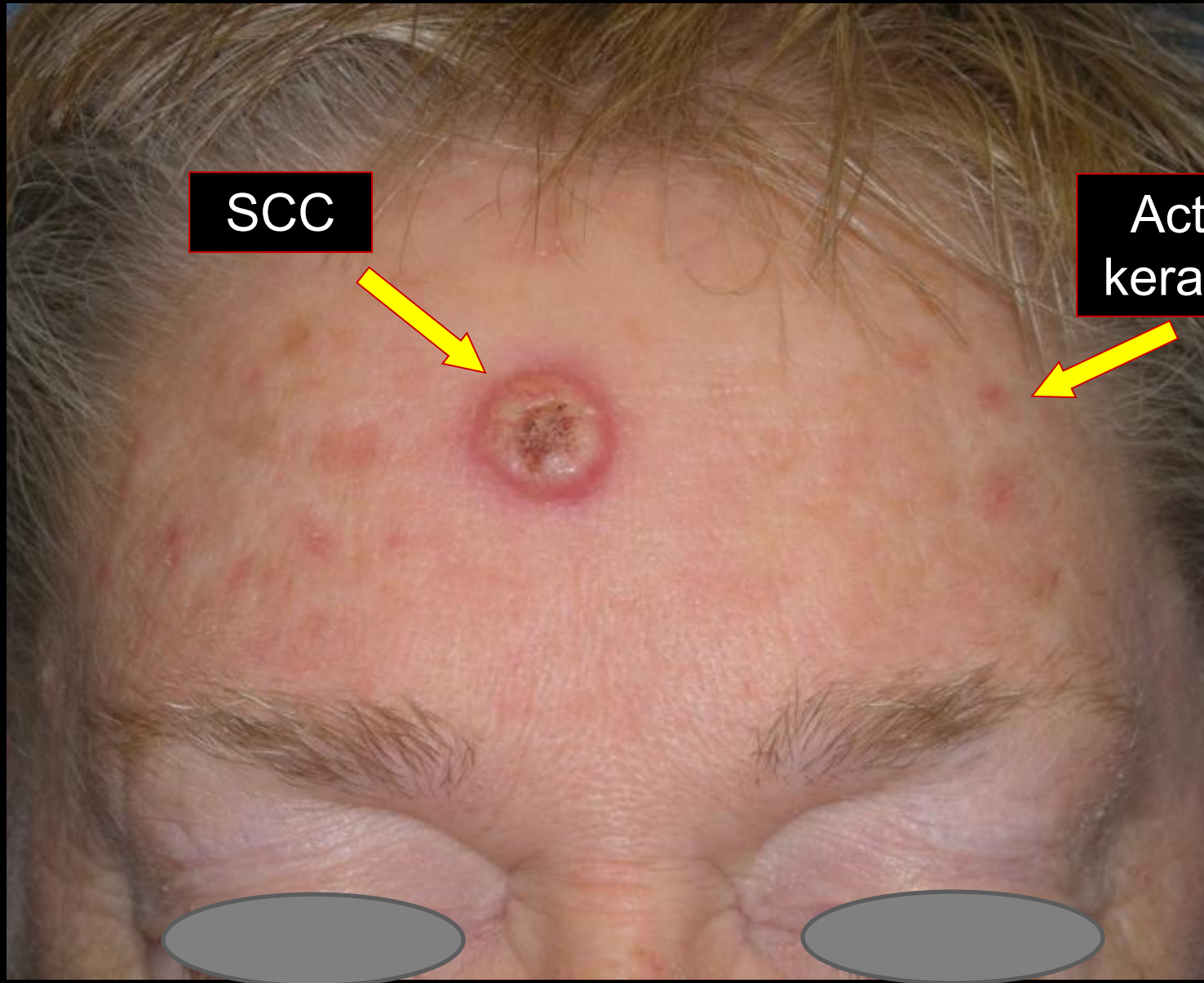


Actinic Keratoses

Early signs of
extensive sun
damage



Actinic Keratoses can evolve to SCCs



Malignant Melanoma



**HE SHOULD GET THAT MOLE
ON HIS ARM CHECKED OUT**



Melanoma

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

70 – 80% arise on apparently normal skin

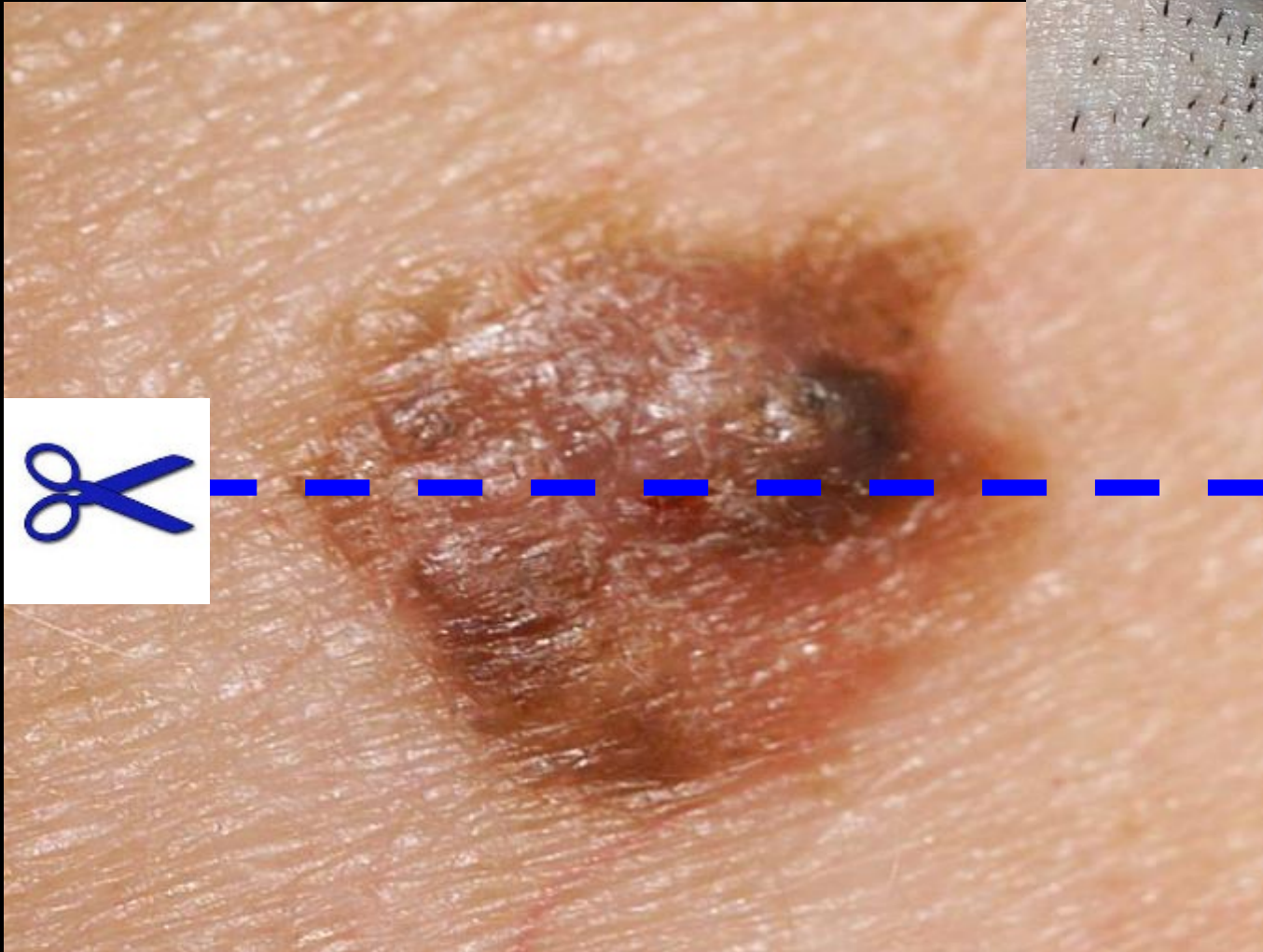
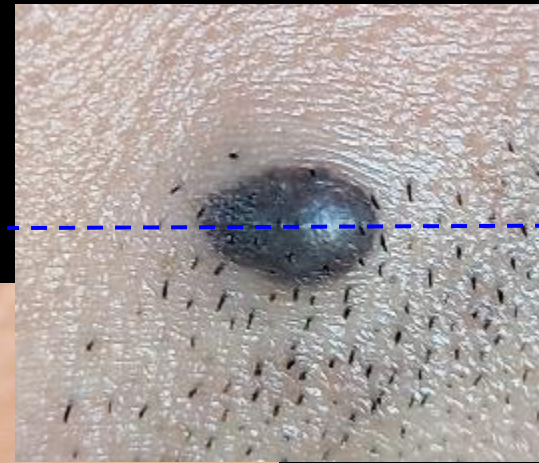


Know your ABCDEs

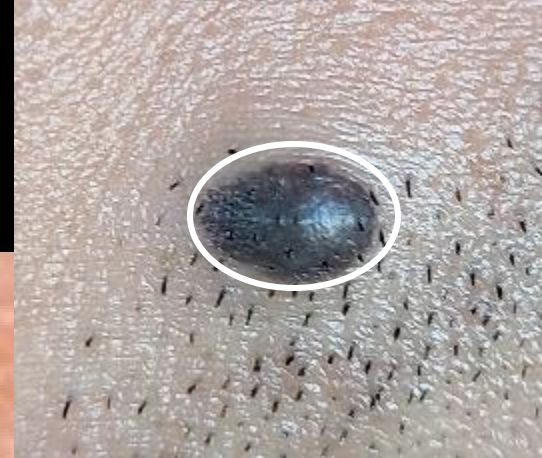
- **A**symmetry
- **B**orders
- **C**olors
- **D**iameter
- **E**volving



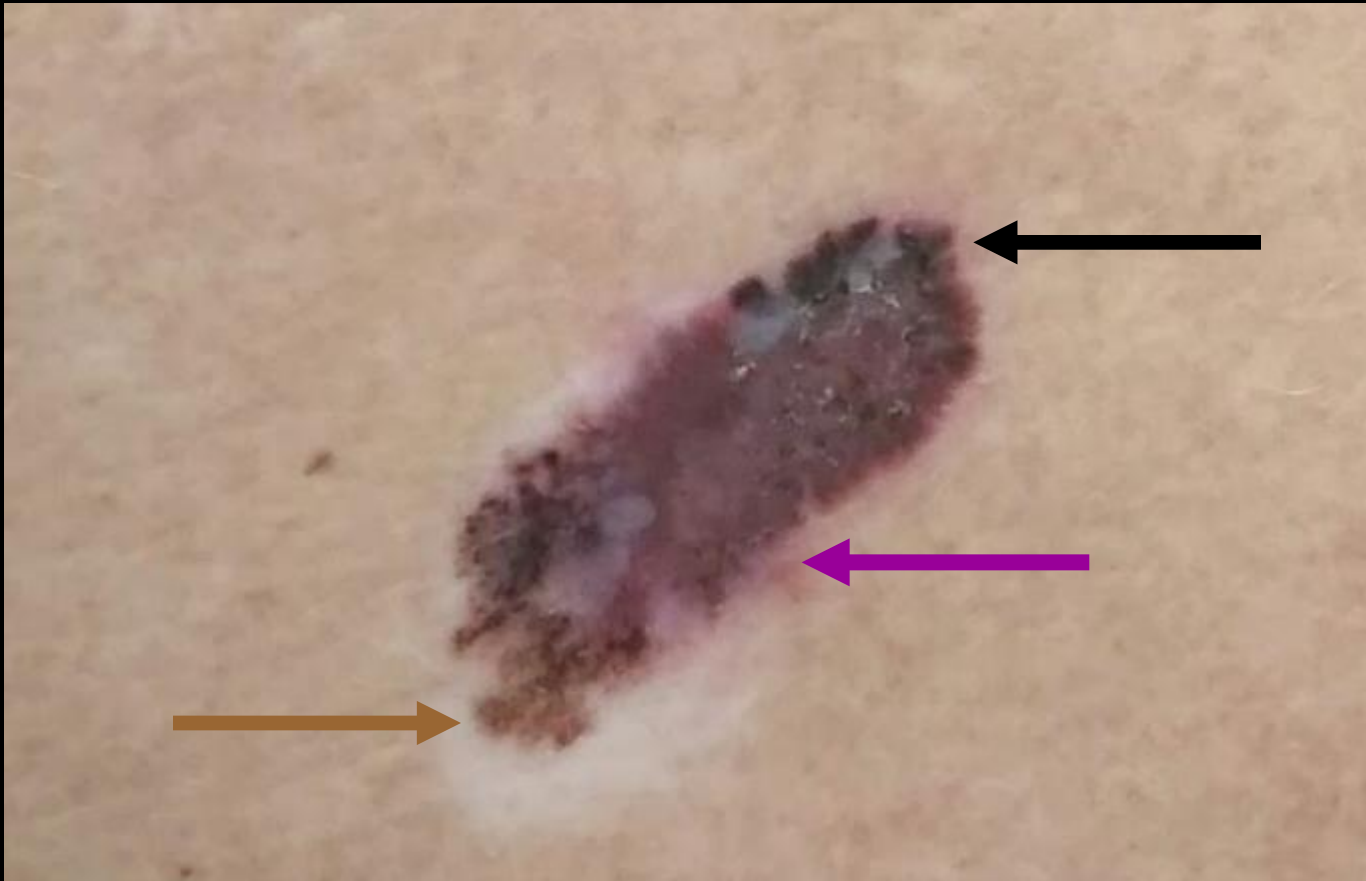
Asymmetry



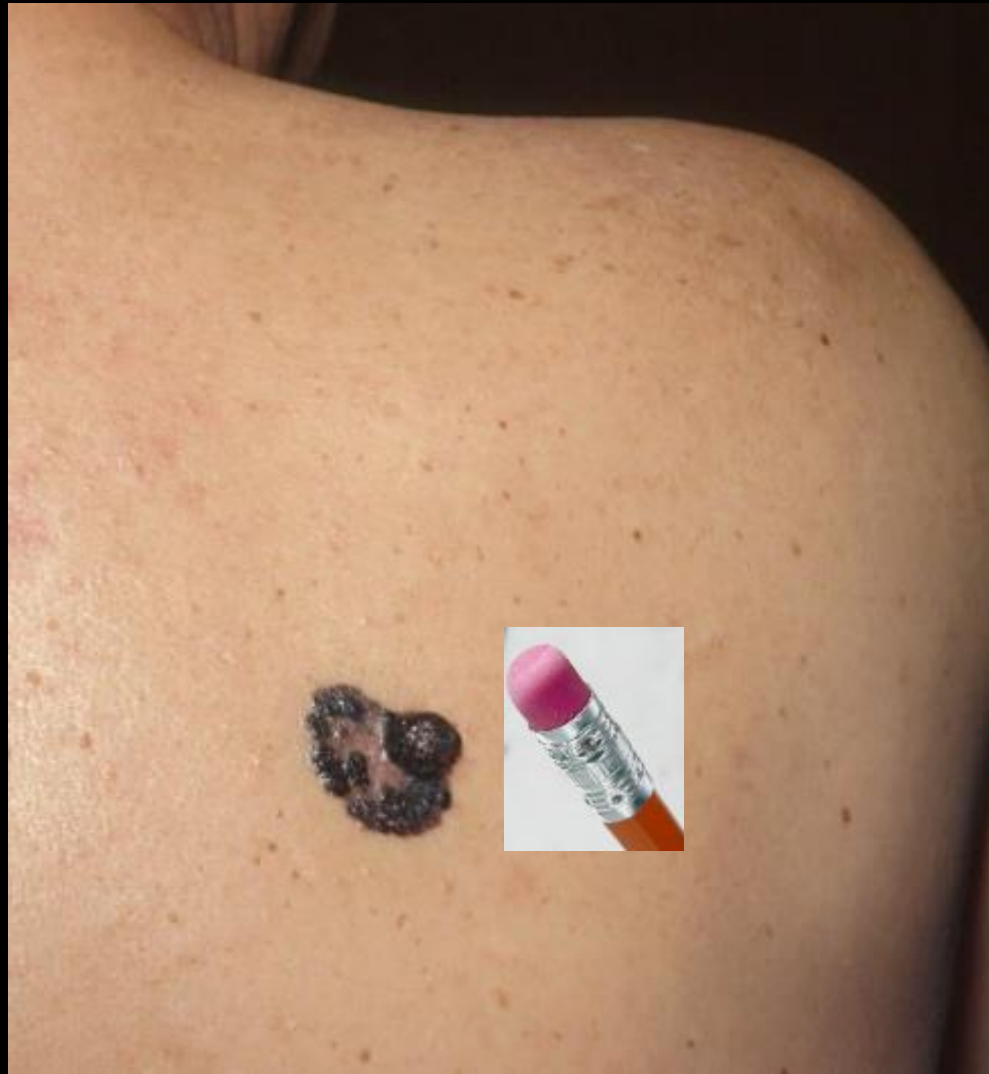
Border irregularity



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

I THINK YOU SHOULD GET THAT CHECKED OUT.



SIGNS OF MELANOMA (ABCDE RULE):

- (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



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



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.



