

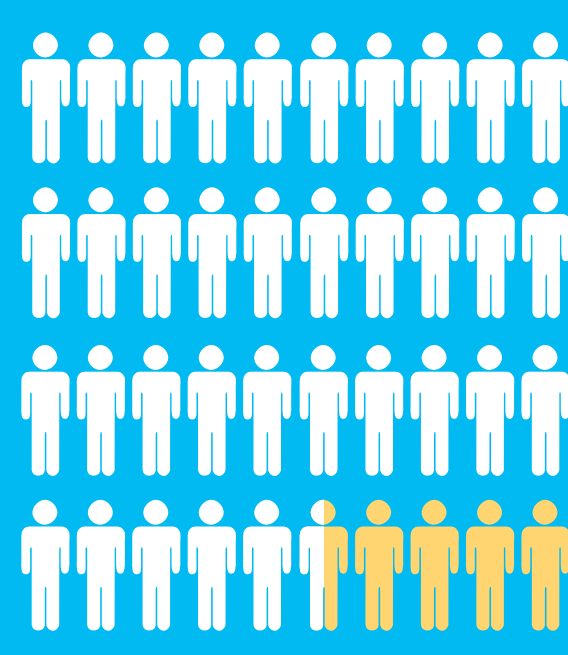
What You Should Know About SKIN CANCER

Skin cancer is the most common cancer in the United States. Generally defined as the abnormal or uncontrolled growth of mutated cells in the skin, it may initially appear as a bump, nodule or irregular patch on the surface of the skin. As the cancer grows, its size or shape may change. Checking your skin regularly may help you spot skin cancer early. Early diagnosis and intervention mean better chances of overcoming the disease.



87,110 melanoma cases will be diagnosed

Approximately **9,730** people are expected to die of melanoma



Melanoma is **20% more common** in Caucasians than African-Americans

RISK FACTORS



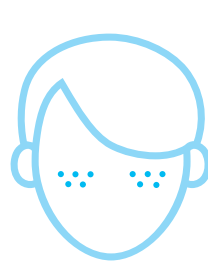
ULTRAVIOLET (UV) LIGHT EXPOSURE

Tans and sunburns are signs that the skin has been damaged by the sun's UV radiation, a key skin cancer risk factor. The effects of sun exposure may not appear until **30 years after exposure.**



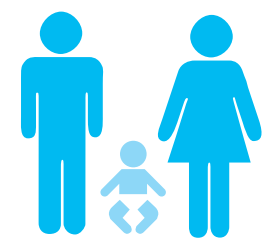
GEOGRAPHIC LOCATION

People who live in areas where the **sun is bright year-round**, or those who spend a lot of time outdoors without protective clothing or sunscreen, are at greater risk.



FAIR SKIN, FRECKLES AND LIGHT HAIR

People with blue or green eyes, red or blond hair or fair skin that freckles or burns easily are at higher risk.



FAMILY HISTORY

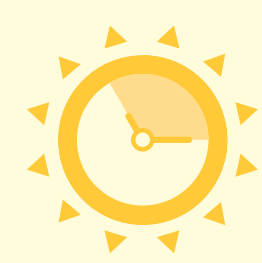
An estimated **10%** of all people diagnosed with melanoma have family history of the disease.



MOLES

People with **numerous moles** are more likely to develop melanoma.

PREVENTION LIMIT EXPOSURE TO UV RAYS



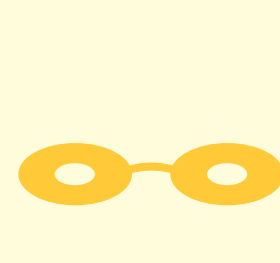
SEEK SHADE

Especially during high-risk hours of 11 a.m. to 3 p.m.



COVER UP

Wear long sleeves, pants, hats and sunscreen.



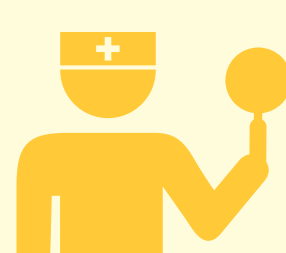
AVOID TANNING BEDS



WEAR SUNSCREEN

Use SPF 15 or higher, even on cloudy days.

SKIN EXAMS



Have regular skin exams by a **dermatologist.**

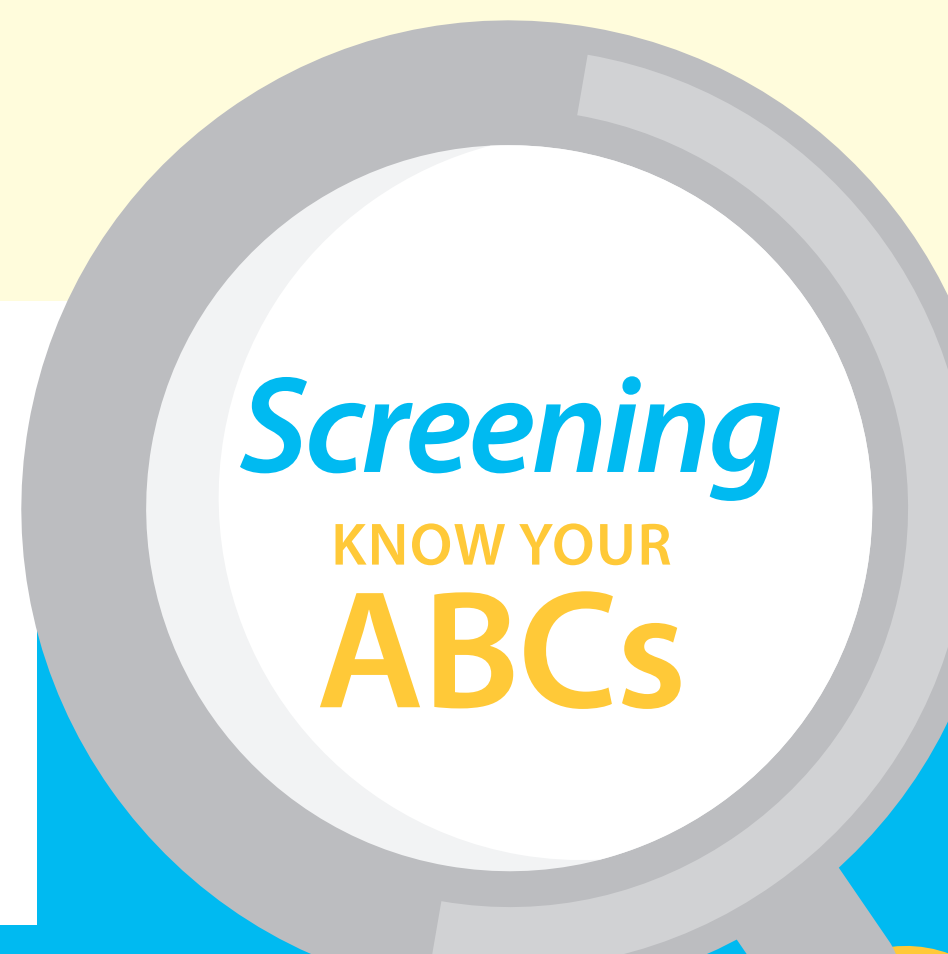


Perform your own **self-exam** once a month. Use a hand-held mirror to help check hard-to-see areas, such as the back of your thighs.

Reducing risk factors whenever possible may help decrease the risk of melanoma.

TREATMENT OPTIONS

Your doctor's treatment recommendations will depend on several factors, including overall health and the location and stage of the cancer. Treatment options may include:



SURGERY

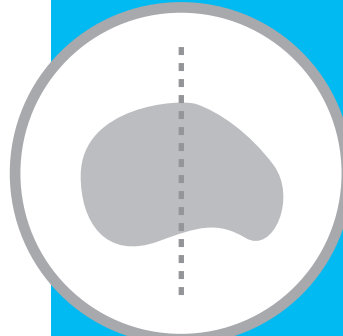
Surgery is the main treatment option for skin cancer. Options include:

- **Wide excision** This is a minor surgery requiring local anesthesia to numb the cancerous area before cutting out the tumor.
- **Mohs surgery** A procedure that removes the cancerous skin in thin layers that are then viewed under a microscope. If cancer cells are still present, another layer of skin is removed. This process continues until the existing layer shows no sign of cancer.
- **Lymph node dissection** This operation requires the surgeon to remove lymph nodes closest to the primary location of the cancer.

Non-melanoma skin cancer surgeries and therapies include:

- **Cryotherapy** Also known as cryosurgery, this technique uses liquid nitrogen to freeze and destroy cancer cells. This is usually only used for small skin cancers.
- **Immune response modifiers** Certain drugs, such as Imiquimod cream or BCG vaccine, can boost the body's natural immune response against non-melanoma skin cancers, and may be applied to, or injected directly into, the cancer.
- **Laser surgery** This is a newer technique that uses a laser beam to destroy cancer cells, and may be used to treat very superficial skin cancers.

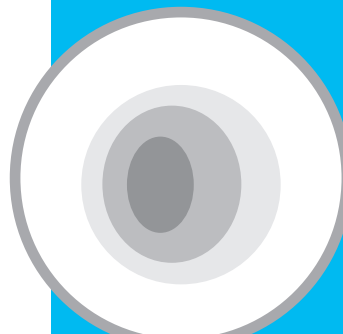
Check your skin once a month for changes in moles, blemishes, freckles and other marks. See your dermatologist for moles or skin changes that have any of the following characteristics:



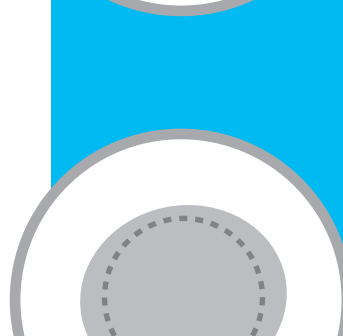
A
ASYMMETRIC
when line drawn through center



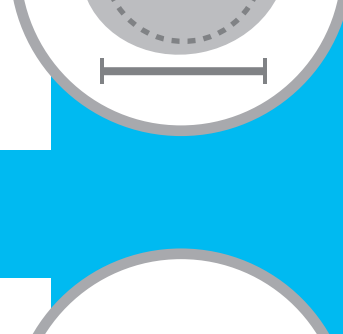
B
BORDERS
that are irregular or ragged



C
COLOR
variation in the same mole



D
DIAMETER
of more than 6 mm



E
ELEVATION
or heaping up of pre-existing mole



RADIATION THERAPY

Radiation therapy uses targeted energy (examples: X-rays, radioactive substances) to destroy cancer cells, shrink tumors and/or alleviate certain cancer-related symptoms.

Radiation therapy delivery methods include:

- **External beam radiation therapy** Radiation is directed from a machine outside the body onto cancerous cells within the body. (Examples: 3D conformal radiation therapy, IMRT, IGRT, stereotactic radiosurgery)
- **Internal radiation therapy** Radioactive material is placed, via a catheter or other carrier, directly into or near a tumor. (Example: high-dose rate brachytherapy)
- **Systemic radiation therapy** A radioactive substance that is swallowed or injected travels through the blood to locate and destroy cancerous cells. (examples: radioactive iodine therapy)



TARGETED THERAPY

Targeted therapy blocks the growth and spread of cancer by preventing cancer cells from dividing, or by destroying cancer cells directly. While standard chemotherapy affects all cells in the body, targeted therapy directs drugs or other specially created substances (examples: man-made immune system proteins) to attack cancer cells.

Because targeted therapy specifically seeks out cancer cells, it can reduce harm to healthy cells and may lead to fewer side effects than standard chemotherapy.



CHEMOTHERAPY

Chemotherapy uses anti-cancer drugs to slow or stop the growth of rapidly dividing cancer cells in the body.

Some chemotherapy delivery methods include:

- Oral (by mouth as a pill or liquid)
- Intravenous (IV) (by infusion into a vein)
- Topical (as a cream on the skin)
- Injectable
- By direct placement (via a lumbar puncture or device placed under the scalp)



IMMUNOTHERAPY

Immunotherapy is a treatment that prompts a person's immune system to fight diseases. It does this by either stimulating the immune system to attack cancer cells or by providing the immune system with antibodies and other weapons it needs to fight cancer.

Common types of immunotherapy include:

- **Monoclonal antibodies** These are man-made versions of immune system proteins. Antibodies can be useful in treating cancer because they can be designed to attack a very specific part of a cancer cell.
- **Cancer vaccines** Vaccines are substances designed to trigger an immune response in the body against certain diseases.
- **Non-specific immunotherapies** These treatments stimulate the immune system in a general way to increase activity against cancer cells. Some examples include man-made versions of cytokines, a chemical in immune cells, such as interleukins and interferons.



OTHER WARNING SIGNS

- A sore that doesn't heal
- Pigmentation that spreads from the border of a spot into surrounding skin
- Redness or a new swelling beyond the border
- Change in sensation, such as itchiness, tenderness or pain
- Changes in the surface or a mole, blemish or sore, such as scaliness, oozing, bleeding or height

To learn more, call 1-800-296-9333.

SOURCES
skincancer.org
cancer.org