Preventing Cancer in your Skin: You can do it!
Does anyone know how skin cancer occurs?
Skin Cancer

• 1 in 5 people get skin cancer during their lifetime

• But 90% of skin cancers can be avoided and also cured

• Too much exposure to ultraviolet (UV) radiation from the sun is the most common cause of skin cancer
How the sun affects your skin

- Radiation from the sun damages your skin
- Even on cloudy days, radiation from the sun can still harm your skin
How tanning lamps or tanning beds affect your skin

- They are also a source of **UV radiation**
- They are dangerous and can damage your skin
- They can cause burns, spots, wrinkles and skin cancer
What increases your risk for developing skin cancer?

- Exposure to UV radiation from the sun, particularly between 11am - 3 pm
- Blistering sunburns, especially in childhood and adolescence
- Using tanning beds or tanning lamps
- Having light skin, however darker skinned people also develop skin cancer
- Not protecting your skin or eyes from the sun
Sunburn
There are three common types of skin cancer:

- Squamous Cell Carcinoma
- Basal Cell Carcinoma
- Melanoma
Squamous Cell Cancer

• Squamous cell cancer develops on sun-exposed areas of the body such as the face, ears, neck, lips, and backs of the hands. It can also develop in scars, chronic skin sores and sometimes the skin of the genital area.

• Squamous cell cancers are more likely to grow into deeper layers of skin and spread to other parts of the body than basal cell cancers.
Squamous Cell Cancer
Basal Cell Cancer

• Basal cell cancer also develops on sun-exposed areas, especially the head and neck
• This type of skin cancer grows slowly and rarely spreads to other parts of the body
• If basal cell cancer is not treated, however, it can grow into nearby areas and invade the bone or other tissues beneath the skin
Basal Cell Cancer
The most common type of skin cancer
Melanoma

- People who have family members with melanoma or who have had it themselves are at higher risk for developing melanoma.
- Melanoma is not limited to areas of skin exposed to the sun - it also affects the eyes, genitals, inside the mouth, and nails.
- Melanoma can develop from an existing mole or it can appear spontaneously on the skin.
- Melanoma is most curable when found at an early stage.
- Treatment for later stage melanoma can include surgery and chemotherapy.
Melanoma
The most dangerous type of skin cancer
Melanoma under your nails
How do you prevent skin cancer?
Seek Shade

Use sunscreen

Cover your skin and wear sunglasses

Babies older than 6 months should use sunscreen

Protect yourself!
Avoid burns from the sun or tanning lights

Avoid Sunburns

Avoid Tanning beds and lamps
How should we choose a sunscreen?

- **BROAD SPECTRUM** - means using a sunscreen that protects against both types of ultraviolet rays A and B. Described as UAV and UVB.

- **HIGH SPF** – The Sun Protection Factor should be number **30** or higher.

- Water resistance – sunscreens are not waterproof and need to be reapplied every 1½ to 2 hours.
How to examine yourself for skin changes

Monthly Self Exam:

• Examine all areas, including your palms and soles, scalp, ears, nails, and your back
How do you do a self skin exam?
Key warning signs

- A new growth on the skin or under a nail
- A spot, bump, or mole that has slowly gotten larger (over a few months or 1 to 2 years)
- A spot or mole that’s changing in shape, feel, or color
- A sore that doesn’t heal within 3 months
Melanoma

A normal mole

Melanoma
Use the **ABCDE** of Melanoma to look for suspicious spots:

- **Asymmetry**
- **Borders are irregular**
- **Diameter** (more than 6 mm)
- **Color changes**
- **Elevation & Evolution**
Do you have a suspicious spot?
Then you should see a Dermatologist
Call for a Dermatologist appointment

Call for an appointment:

212-305-5293

161 Fort Washington Avenue

New York, NY 10032

To look for more info: https://www.cancer.org/cancer/skin-cancer.html r.org
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Questions?