You’ve Got Skin in the Game

Your skin is your largest organ and an important one to protect. Unfortunately, it is susceptible to cancer, just like any other organ. Skin cancer trumps all other forms of cancer, with the more than 5.4 million cases diagnosed each year.¹

There are three main types of skin cancer:

**Basal Cell Carcinoma**
- About 80% of skin cancers¹
- Cells in these cancers look like the cells in the lowest layer of the epidermis, the basal cell layer
- Grows slowly and is almost always treatable
- Usually develop on sun-exposed areas, like the head and neck

**Squamous Cell Carcinoma**
- Nearly 20% of skin cancer¹
- Cells in these cancers look like abnormal versions of the squamous cells seen in the outer layers of the skin
- Usually appear on sun-exposed areas of the body such as the face, ears, neck, lips and back of hands
- Grows slowly and is almost always treatable

**Melanoma:** Most serious form of skin cancer
- About 1% of skin cases - 87,000 new cases in 2017¹
- These cancers develop from melanocytes, the pigment-making cells of the skin
- Can appear anywhere on the body, but most often on face or trunk for men and lower legs for women
- Can occur on skin not exposed to the sun
- 5-Year Survival for Melanoma
  - 97% When caught early
  - 15% When found late and is in an advanced stage

¹American Cancer Society; https://www.cancer.org/cancer/skin-cancer.html accessed 4.4.17
Prevention

• Seek shade, especially between 10 a.m. and 4 p.m.
• Use a broad-spectrum (UVA/UVB) sunscreen
• Do not burn
• Avoid tanning and UV tanning beds
• Cover up with clothing, a wide-brimmed hat and UV-blocking sunglasses
• Examine your skin head-to-toe every month
• Have a professional skin exam every year

Risk Factors

• Fair skin (less pigment provides less protection from damaging UV radiation)
• Blonde or red hair and light-colored eyes
• A history of sunburns
• Excessive sun exposure
• Moles
• Family history or personal history of skin cancer
• Weakened immune system
• Exposure to radiation

Symptoms

• A skin growth that increases in size and appears pearly, translucent, red, tan, brown, black or multicolored
• A mole, birthmark, beauty mark or any brown spot that:
  • changes color
  • increases in size or thickness
  • changes in texture
  • is irregular in outline
  • is bigger than 1/4", the size of a pencil eraser
  • appears after age 21
• A spot or sore that continues to itch, hurt, crust, scab, erode or bleed
• An open sore that does not heal within three weeks

Common Treatments

**Basal Cell** and **Squamous Cell**
Prescription creams, topical medication and sometimes minor surgery

**Melanoma**
Surgery, radiation, medications, chemotherapy, immunotherapy or targeted therapy

Depends on:

• Stage of the cancer
• Type of cancer
• Size of the tumor
• Part of the body affected
• Patient’s general health

Contact your physician immediately if you have any of the symptoms noted above, and be sure to schedule a complete skin check annually. Call **800.237.8662** or visit **summahealth.org**.

And if you have an area of concern, visit **summahealth.org/onlinederm** to download our telederm app to start a safe, online dermatology visit.

1American Cancer Society: https://www.cancer.org/cancer/skin-cancer.html accessed 4.4.17