Skin Cancer

Office of Community Outreach
Fox Chase Cancer Center

- Located - Northeast Philadelphia
- Devoted entirely to cancer care
- Nationally known as one of 47 hospitals in United States as a Comprehensive Cancer Center
Office of Community Outreach

- Provide cancer education programs
- Promote the use of early detection
- Help communities better understand the role of research to improve cancer care and to find a cure for cancer
What will I learn today?

- What is cancer?
- What factors put me at risk of getting skin cancer?
- What are the symptoms of skin cancer?
- When does a person need to be screened?
- Is there anything I can do to prevent skin cancer?
- What information should I share with others?
What is Cancer?

- Every second your body produces new cells as old or damaged cells die.
  - Normal Cell Division:
    - cell damage — no repair
    - apoptosis

- When old or damaged cells do not die, they continue to grow – uncontrollably.
  - Cancer Cell Division

underlying tissue
Not all tumors are cancerous

- **Benign** tumors are tumors that cannot spread; so they only grow locally

- **Malignant** tumors are tumors that can spread
What is Metastasis?

When cancer spreads from one part of the body to another this is called metastasis.
Why do we need healthy skin?

Our skin has multiple functions such as:

- Protecting our internal organs from injury
- Helps fight away germs and bacteria
- Helps prevent the loss of fluids
- Helps maintain body temperature
- Absorbs Vitamin D
What is Skin Cancer?

- Abnormal or uncontrolled growth of cells on or within layers of the skin

- The skin is the largest organ of the body and has three layers:
  - Epidermis
    - Top layer of the skin
  - Dermis
    - Middle layer of the skin
  - Subcutaneous tissue
    - Lower layer of skin
What is a risk factor?

- A risk factor is anything that increases your chances of developing a disease

- Some risk factors can be controlled

- Some risk factors cannot be controlled

- Protective factors
  - May lower your risk but it does not mean that you will not get cancer
Skin Cancer Risk Factors

- Age

- Prolonged sun exposure or sun damage
  - Too much sunlight or UV radiation
  - Severe, blistering sunburns
  - The total amount of sun exposure over a lifetime
  - Tanning, tanning booths

- Fair-skin, light colored hair and eyes.

- Many moles or freckles

- Family or personal history of skin cancer
Basal Cell Skin Cancer

- Most common skin cancer
- Slow growing cancer that rarely spreads to other parts of the body
- Can be flat, round, oval, raised pink or red, translucent, shiny, waxy that may bleed
- It commonly occurs on sun-exposed areas, as well as the head, face, neck, hands and arms
Squamous Cell Skin Cancer

- Squamous cell skin cancer may appear as a bump that is rough, scaly or crusted. May also have flat-reddish patches

- Mostly found in sun-exposed areas, but can be found on areas not exposed to the sun

- Most common skin cancer in people with dark skin
Melanoma Statistics

• Melanoma is the *5th* most common cancer among *men* and *7th* most common cancer among *women*

• One American dies from melanoma every hour

• About 75% of skin cancer deaths are due to melanoma

• One in 58 men and women will be diagnosed with melanoma in their lifetime
Melanoma: Most Serious Skin Cancer

- Penetrates to a deeper layer of the skin
- Can spread to other organs in the body
- High cure rate if caught in an early stage
- One of the few cancers with an obvious warning sign
- Becoming more common in younger women
Hidden Melanomas

- Hidden melanomas may appear in areas such as your eyelids, scalp, nail beds, or behind your ears.
- They may appear as new moles and can be black or bluish in color.
- You should pay close attention to changes in the size and shape of the new moles.
How do I spot Melanoma?

**Asymmetry:** The shape of one side does not match the other.

**Border:** The edges are irregular, scalloped or blurred.

**Color:** The color is not the same from one area to another; there may be shades of tan, brown, black, white, red, pink, blue or gray.

**Diameter:** Moles that grow larger than a pencil eraser (6mm in diameter size).

**Evolving:** A mole or skin lesion that looks different from other moles, or is changing in size, shape or color.

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Skin Cancer Prevention

- Wear sunscreen with SPF 15 or higher
- Avoid mid-day exposure from 10:00AM to 4:00PM
- Cover up by wearing long sleeve shirts, long pants, hats and sunglasses
- Do regular self-skin exams
- Talk to your doctor about skin cancer screenings
Check Yourself

1. Examine your body front and back in the mirror, then right and left sides arms raised.
2. Bend elbows and look carefully at forearms and upper underarms and palms.
3. Look at the backs of the legs and feet; spaces between toes, and sole.
4. Examine back of neck and scalp with a hand mirror. Part hair for a closer look.
5. Finally, check back and buttocks with hand mirror.
Testing & Diagnosing

- Doctors can remove all or some of the skin area that does not look normal
- Called a *Skin Biopsy*. It is the only sure way to diagnose skin cancer
Survival Rates

- For localized skin cancer: 95-98%
- For regional stage melanoma: 65%
- For distant stage melanoma: 15%
Treatment Options

People with melanoma skin cancer may have:

- Surgery
- Chemotherapy
- Radiation Therapy
- Immunotherapy
- Targeted Therapy

Some patients may have two or more treatment options.
Chemotherapy – “Chemo”

• Chemotherapy uses drugs to:
  • shrink cancer cells
  • slow the growth of cancer cells
  • kill cancer cells

• For advanced cancer, chemotherapy may be used with other treatments (radiation, surgery).

• Talk to your doctor about the risks and benefits of chemotherapy.
Radiation Therapy

- *External Radiation* uses high-energy rays, guided by computers to kill cancer cells.
- *Internal radiation* therapy uses a radioactive substance sealed in needles, seeds, wires, or catheters that are placed directly into or near the cancer.
Immunotherapy

- Uses patient’s immune system to fight cancer
- Substances made by the body or made in a laboratory are used to boost, direct, or restore the body’s natural defenses against cancer
- Also called biotherapy or biologic therapy
Targeted Therapy

- Targeted Therapy uses drugs (medicine) to block the growth and spread of cancer cells.

- It can be given through a vein (intravenous) or taken by mouth (oral).

- It can be given with other treatments.
Clinical Trials

- Clinical trials are research studies that involve people.
- Purpose is to find new ways to prevent, screen, detect, and treat cancer. Other trials focus on survivorship.
- Many treatments used today are the results of past trials.
- All patients should be invited to participate in a clinical trials. Participation is voluntary!
Types of Clinical Trials

- Prevention trials
- Screening trials
- Treatment trials
- Quality of Life trials
You Can Help Medical Research

- Medical researchers use samples to find new and better treatments for patients.

- Samples (also called biospecimens) include materials from your body such as tissue, blood, skin, hair, saliva, and urine.

- You may choose to donate a sample during a biopsy or surgery.
How is your privacy protected?

- Tissue coded with random number – not your name
- Careful steps taken to prevent misuse
- No release of information without your permission
- You can always change your mind
- In-depth information about the study and privacy are reviewed when meeting with your cancer care team
- You can ask any questions during the initial meeting or throughout the study
Protect Yourself

- The skin is a major organ that helps protect your body
- Remember, skin damage happens over time
- All skin types can be affected by skin cancer
- Skin damage caused by sun exposure cannot be reversed
- The skin can be protected to prevent damage and skin cancer
Questions
Office of Community Outreach
Resource & Education Center (REC)
215-214-1618
http://www.fccc.edu/patients/rec

Fox Chase Cancer Center
1-888-FOX-CHASE
http://www.fccc.edu/cancer/types/skin/
“Where I started my cancer care absolutely mattered.”

Brooke Fuller  Colorectal Cancer Survivor

The best chance to beat cancer is with the initial therapy. Where you start matters.

NEXT BUSINESS DAY APPOINTMENTS  888-FOX-CHASE