

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

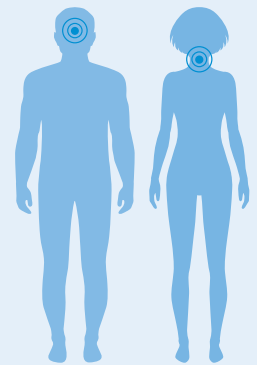
About **80%** of skin cancers¹



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

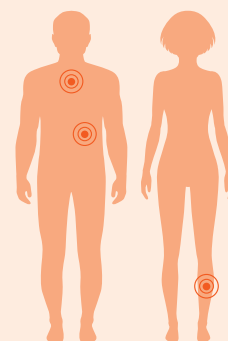
Melanoma: Most serious form of skin cancer

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

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

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

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.
