NEOMED DERMATOLOGY NEWSLETTER: JULY 2022

"Skin Cancer and Skin Cancer Mimics"

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OVERVIEW

This newsletter will describe various types of skin cancer and highlight the differences from commonly-confused benign conditions.

THE LINEUP

- Melanoma
- Basal Cell Carcinoma
- Squamous Cell Carcinoma
- Keratoacanthoma

Melanoma

- Aggressive tumor of melanocytes with a significant risk of metastasis
- S-100 is the tumor marker for malignant melanoma
- ABCDEs: Asymmetry, Border irregularity, Color variation, Diameter > 6mm, Evolution over time
- Depth of invasion is the most important prognostic feature

Basal Cell Carcinoma

- Most common skin cancer
- Locally destructive, rarely metastasizes
- Presents as a pink pearly papule or plaque with telangiectasia
- Most commonly presents in sun-exposed areas of body

Keratoacanthoma

- Rapidly growing, may spontaneously regress
- Presents as a dome-shaped nodule with keratin-filled center
- Resembles squamous cell carcinoma

Squamous Cell Carcinoma

- Second most common skin cancer
- Presents as erythematous scaling plaque
- Actinic keratosis is a precursor to squamous cell carcinoma
- Can invade or metastasize (less common)
- Risk factors include ultraviolet exposure, radiation, immunosuppression, HPV, chemical exposure (arsenic), and chronic wounds or scars

References All images are from Skin Sight

Skin Cancer Prevention

The Importance of Sun Protection

- Most skin cancers are caused by excessive exposure to ultraviolet (UV) rays
- Protection from UV rays is important throughout the year
- When UV Index is 3 or higher, protect skin from sun exposure

Ways to Protect Skin From Sun Exposure

- Clothing
  - Full sleeves, long skirts or pants, any cover-up, dark colors
- Shade
  - Stay in the shade (under the umbrella, tree, shelter)
- Hats
  - Tightly woven fabric protects the most from sun exposure
- Sunglasses
  - Reduces the risk of cataracts and damage to the thin skin around the eyes
- Sunscreen
  - Blocks UVA and UVB rays

The Importance of Sunscreen SPF

- The application of sunscreen is important for the prevention of skin cancer
- Sun Protective Factor (SPF) determines the amount of time it takes for the skin to redden from UVB rays after applying sunscreen
  - SPF 15 or higher is recommended for daily use

What to Look for in a Sunscreen

- Broad spectrum
  - protects from UVA and UVB rays
- SPF 15 or above
  - everyday, occasional exposure
- SPF 30
  - outdoor activities, extended exposure

The Two Types of Sunscreens: Which One to Choose?

- Physical Sunscreens:
  - Mineral sunscreen
  - Titanium dioxide and zinc oxide
  - Block and scatter UV rays before skin penetration occurs
- Chemical Sunscreens:
  - Avobenzone
  - Octisalate
  - Absorb UV rays before skin damage occurs

How Much Sunscreen and How Often Should You Reapply Sunscreen?

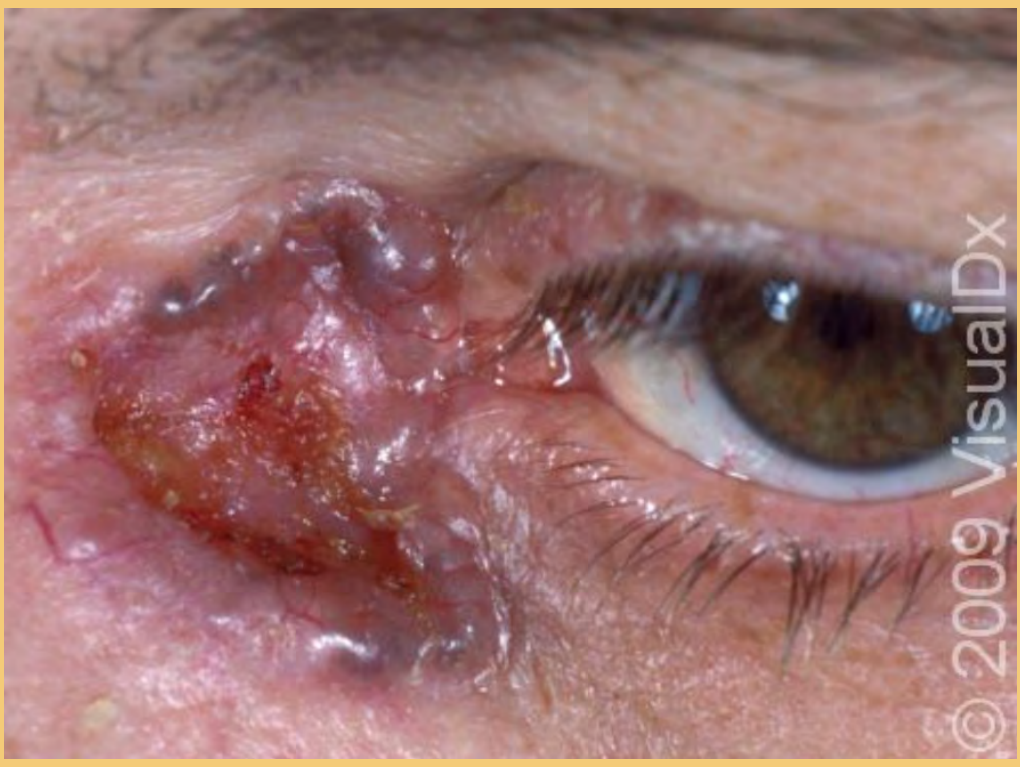
- For effective protection, one ounce of sunscreen should be applied to the entire body
- Sunscreen should be reapplied every 2 hours if there is long-term sun exposure

References

- https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm#:~:text=Most%20skin%20cancers%20are%20caused,not%20just%20during%20the%20summer.
- https://www.skincancer.org/skin-cancer-prevention/sun-protection/sunscreen/

Practice Quiz

NAME THE DISEASE



All answers will be posted on the DIG Instagram Page (@neomeddermatology)