

Skin Cancer Information Talk

Jaye Kissane, Joanne Watson,
Macmillan Skin Cancer Nurse
Specialists.

Skin Cancer Information Talk

- The main Skin Cancers
- The patient pathway
- After treatment, risk of recurrence
- Protection from the sun

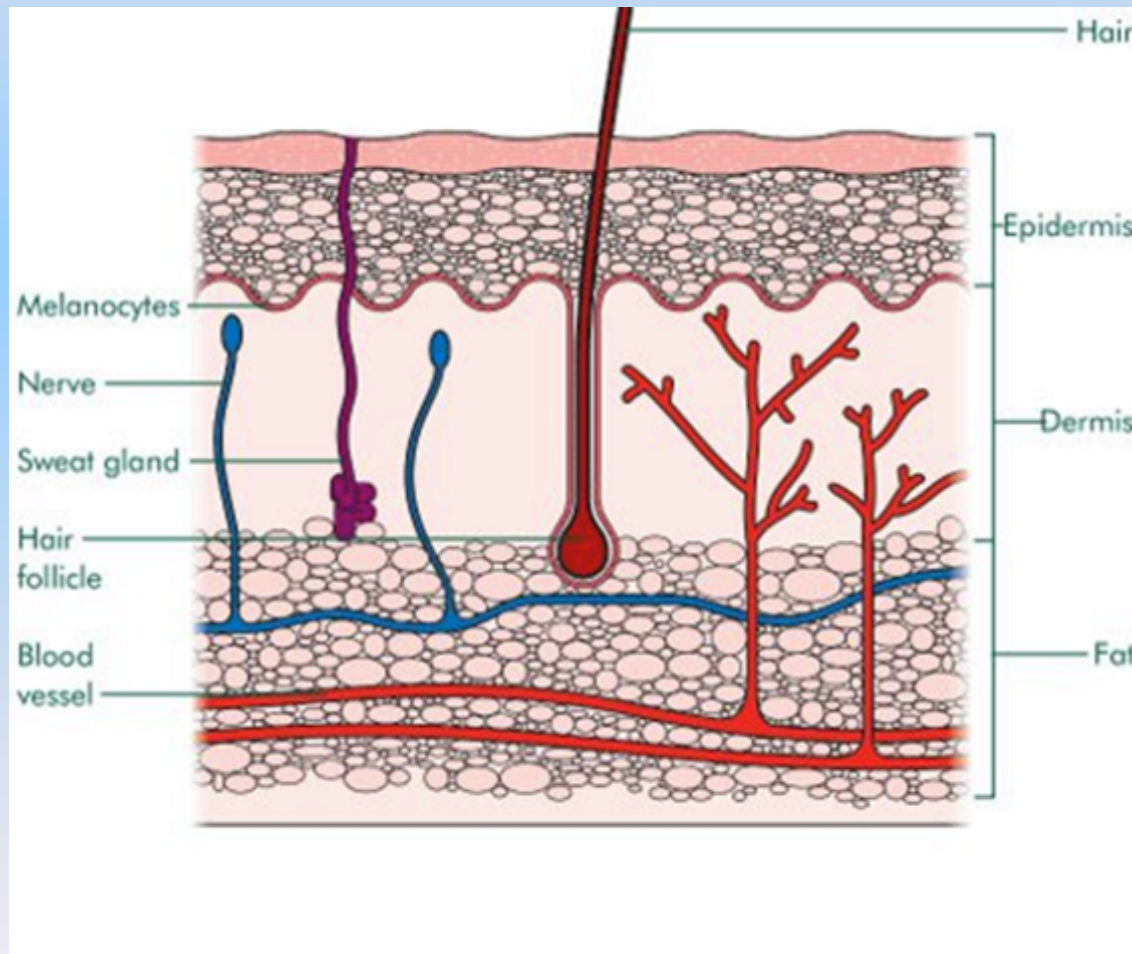
Skin Cancer Information Talk

Types of Skin Cancer

- Melanoma
- Squamous Cell Carcinoma
- Basal Cell Carcinoma

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Types of Skin Cancer



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Types of Skin Cancer

- Who gets Skin Cancer?

Fair skinned individuals

People living abroad

People working outdoors

People with outdoor hobbies

People exposed to Radiation

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Types of Skin Cancer

What are the Fitzpatrick skin types?

SKIN TYPE (Fitzpatrick)	*RESPONSE TO SUN EXPOSURE	EXAMPLES	SUSCEPTIBILITY
I	Always sunburn, don't tan	Fair-skinned & freckled Blue-eyed, Celts	Very High
II	Always sunburn Tan minimally	Fair-skinned, blonde haired, Blue-eyed, Scandinavians	High
III	Sometimes sunburn, Tan moderately	Fair-skinned, brown hair, Brown-eyed; Unexposed skin is white	Average
IV	Seldom sunburn, Tan easily	Light brown skin, dark brown hair, brown-eyed; Unexposed skin is tan; Mediterranean, Hispanic	Low
V	Rarely sunburn, Tan profusely	Brown skinned; darker Mediterranean, Orientals, Eastern Indians	Very low
VI	Never sunburn, Deeply pigmented	African Americans	Minimal

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Types of Skin Cancer

- **Melanoma**

skin cancer derived from melanocyte cells
strong potential to spread
usually arises in skin but can arise from other sites

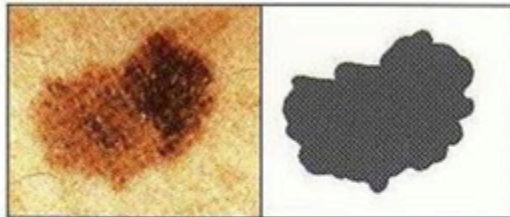


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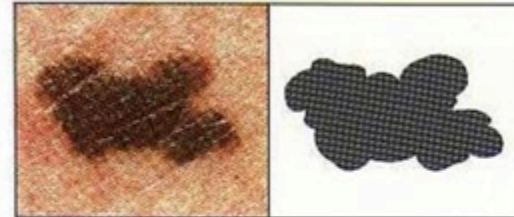
Types of Skin Cancer

LOOK FOR DANGER SIGNS IN PIGMENTED LESIONS OF THE SKIN

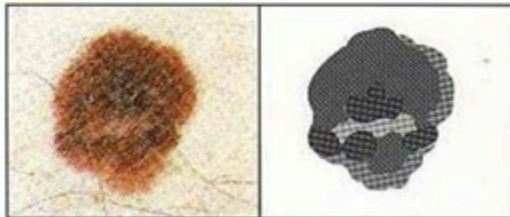
Consult your dermatologist immediately if
any of your moles or pigmented spots exhibits:



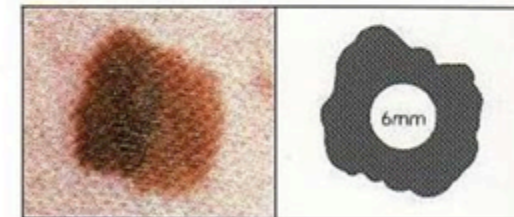
A Asymmetry-one half
unlike the other half.



B Border irregular-
scalloped or poorly
circumscribed border.



C Color varied from one
area to another; shades of
tan and brown; black; sometimes
white, red or blue.



D Diameter larger than
6mm as a rule (diameter
of pencil eraser).

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Types of Skin Cancer

What is a squamous cell carcinoma?

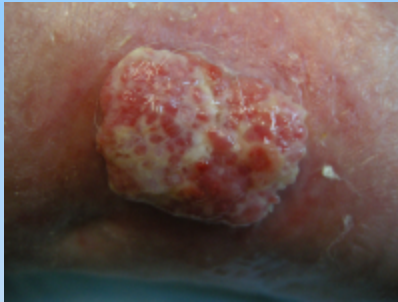
- malignant skin cancer arising from cells in top layer of skin (keratinocytes)
- usually appears as enlarging nodule on skin exposed site
- moderate to high tendency to invade



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Types of Skin Cancer

- Squamous Cell Carcinoma



Skin Cancer Information Talk

Types of Skin Cancer

- Basal Cell Carcinoma



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Types of Skin Cancer

- Basal Cell Carcinoma

Nodular BCC



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Types of Skin Cancer

- Basal Cell Carcinoma

Pigmented BCC



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Types of Skin Cancer

- Basal Cell Carcinoma

Morpheic BCC



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The patient pathway

- Any patient with a suspected cancer is seen within 2 weeks of the referral from GP
- Patients with a suspected BCC are not on a 2 week wait pathway
- Once seen a patient with a suspected Skin Cancer will have surgery within 31 days.
- After surgery a patient discussed at MDT if they meet the criteria and seen within 31 days

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The Patient Pathway

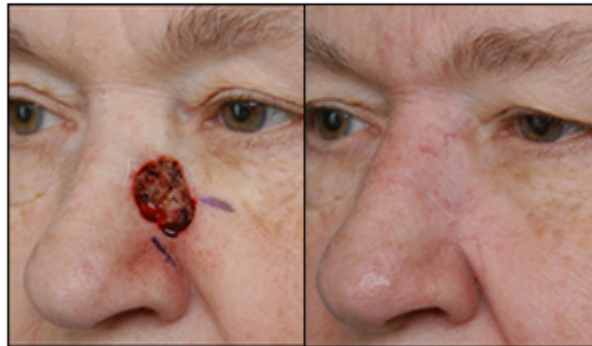
- Treatment options
 - Surgery
 - Radiotherapy
 - Cryotherapy
 - Curettage
 - Topical Treatment

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The Patient Pathway

Surgery

Surgery



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The Patient Pathway

Curettage



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The Patient Pathway

Topical (Cream) treatments



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The Patient Pathway

What will the operative site look like in a year's time or five years?



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The Patient Pathway

- Patient follow up depends on the type of Skin Cancer and the surgery
- Melanoma patients are followed up for 1, 5 or 10 years. Patients are offered trials when eligible
- Patients with an SCC are followed up for 1 year or in the community
- Patients with a BCC are invited to an educational session and discharged

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The Patient Pathway

- All Cancer patients have a Keyworker
- The Keyworker is responsible for co-ordinating the care of the patient
- The Recovery Package has been developed to ensure best patient care

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After treatment

- After surgery patients should have instructions on care of wounds at home
- A follow up appointment should be made
- Information leaflets should be given regarding grafts and wounds

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After Treatment

- Patients with concerns about recurrence or a new Skin Cancer should be able to contact their CNS (Keyworker)

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Sun protection advice

What precautions should I take in the sun?

- some sun is good – vitamin D
- “sun sense”
- protective clothing
- sunscreen



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Sun protection advice

“Sun Sense”

- avoid sun between 9 am and 3 pm
- wind and high altitude increase your UV exposure
- 80% of UV gets through on a cloudy day
- snow, concrete, water and sand reflect a high proportion of UV
- glass blocks out only UVB completely, tinted filters block additional UVA
- fake tan over tanning booths
- never allow your skin to burn



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Sun protection advice

Sun protective clothing

- rationale: difficult to apply sunscreen to areas like the back, less mess
- hats: broad-brimmed, close weave
- sun suits, especially for kids
- fabric:
 - FDA-approved fabric SPF 30+ manufactured by Solumbra (no endorsement!)
 - cotton or natural fabric

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Sun protection advice

Sun screen

- 'absorbs' or 'reflects' energy of the sun
- use a broad spectrum sun block that blocks both UVB and UVA
- use a minimum of SPF 15; some evidence SPF 30
- hypoallergenic
- aim to use a water-proof sun block if you are going in the water or are excessively sweating
- apply a sun block 15-30 minutes before going outside, reapply it every two hours, and put it on liberally
- use a PABA-free product if sensitive
- use a chemical free sun block (containing Titanium dioxide) if very sensitive or if one is younger than 6 months of age

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Sun protection advice

What is the UVA star system for sunscreens?

- rating of 0-5 stars
- Indicates the percentage of UVA radiation absorbed in comparison to UVB – the ratio of protection afforded by UVA to UVB
- care: low UVB protection and lots of stars does not mean that it necessarily has lots of UVA protection
- aim SPF 30 and UVA 4-5



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Sun protection advice

Slip



Slop



Slap



Seek



Slide



Protect yourself in five ways from skin cancer



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Sun protection advice

Which websites should I trust?

- www.macmillan.org.uk
- <http://www.skin-cancer-research-fund.org.uk/>
- http://www.healthtalkonline.org/Cancer/Living_with_and_beyond_cancer/
- www.bad.org.uk
- www.dermnetnz.org

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Any Questions?

