“Know the Skin You’re In”

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Overview

- Review the epidemiology of skin cancer
- Describe the most common types of Skin Cancer
  - Basal Cell Cancer
  - Squamous Cell Cancer
  - Melanoma
- Discuss the risk factors for skin cancer
- Explain prevention and early detection
- Discuss treatment options
Skin Cancer Facts

- Skin cancer is the most common form of cancer in the US
- One in five Americans will develop skin cancer in their lifetime
- One person dies of melanoma every hour
Cellular Components of the Skin

- Squamous Cell
- Basal Cell
- Melanocyte
Common Skin Cancers

Basal Cell  Squamous  Melanoma
Basal Cell Carcinoma

- Most common cancer in humans
  - 75-80% of all skin cancers in the US
- Almost always slow growing
- Rarely spread
- High cure rate with treatment
Squamous Cell Carcinoma

- 15-20% of all skin cancer in the US
- High cure rate when found early
- Higher risk of spread than basal cell carcinoma
- Lymph nodes are the most common site of spread
Melanoma

- Most dangerous form of skin cancer
- 120,000 new cases per year
- Due to DNA damage from UV radiation from the sun or tanning beds
- Originates in the pigment producing cells in the skin
Melanoma Epidemic

- Lifetime risk in US is 1:59
- Most common cancer in women 20-29
- 5th most common malignancy for men, 7th for women
- #1 increasing malignancy in men, #2 in women
Skin Cancer Deaths 2015

- Melanoma: 77%
- Non-Melanoma Cancers: 23%

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Melanoma Metastases
Melanoma Risk Factors

- Previous skin cancer
- Family history (10% are familial)
- Fair complexion, red hair, previous sunburns
- Large congenital moles
- Dysplastic mole syndrome (~100% risk)
Sunscreen

- Label should say “broad spectrum” or “UVA/UVB”
- Minimum of SPF 30
- Apply 1 oz half an hour before outdoor activities, apply everywhere
  - Takes 15 min to be absorbed
- Reapply every 2 hours or sooner
Prevention

- Sun protection
  - clothing, broad rimmed hat and sunglasses
- Avoid the sun,
  - especially between 10am and 4pm
- Broad spectrum (UVA/UVB) sunscreen
Prevention

- Avoid tanning and UV tanning booths
- Head to toe skin examinations every month
- Annual professional skin exams
ABCDE’s of Melanoma

- Asymmetry
- Border
- Color
- Diameter
- Evolution
Asymmetry

One half does not match the other half
The edges are ragged, notched, or blurred
Shades of tan, brown, or black are present
Diameter

Greater than 6 mm
Treatment

- Highly curable if found early
- Surgery is the mainstay of treatment
- Advanced disease
  - Radiation Therapy
  - Targeted therapy
  - Chemotherapy
  - Immunotherapy
Sentinel Lymph Node Biopsy
Sentinel Lymph Node Biopsy

Lymphatics drain dye from injected skin to regional lymph nodes. Arrows denote afferent lymphatic channel draining to sentinel lymph node.
Quiz

True or False: Skin cancer is the most common of all cancers?
Quiz

How long does it take for the skin to absorb sunscreen?

a) 5 min.
b) 15 min
c) 30 min
d) It is absorbed instantly
Quiz

- True or False: Melanoma can be very aggressive, and is the leading cause of deaths from skin cancer?
Quiz

- List the ABCDEs of Melanoma.
True or False: Surgery is the main stay of treatment for localized melanoma?
Take Home Points

- Have a healthy relationship with the sun
  - Sunscreen, eye protection
  - Go With Your Own Glow®
  - Avoid tanning beds
- Frequent skin self exams
  - Remember your ABCDEs
- Annual professional skin exams
Questions?

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