



Skin Cancer

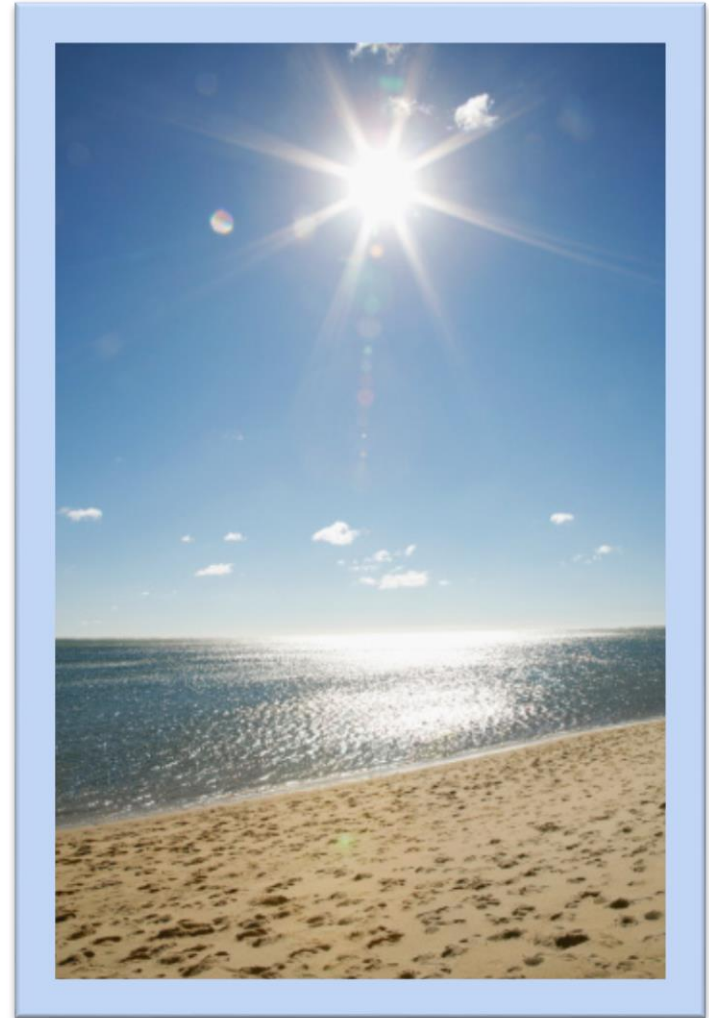
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How Much Do You Know?

This presentation is intended to help you better understand what skin cancer is, how it can affect you and what you can do to prevent it. You should know the answers to these questions:

- What is skin cancer?
- How common is skin cancer?
- What causes skin cancer?
- What can you do to prevent skin cancer?
- How is skin cancer detected?
- What is your responsibility?



What is Skin Cancer?

If you have skin cancer, it is important to know which type you have because it affects your treatment options and your prognosis. Skin cancer is the uncontrolled growth of abnormal skin cells. It occurs when unrepaired DNA damage the skin cells which triggers mutations, or genetic defects, that lead the skin cells to multiply rapidly and form malignant tumors



The three major types of skin cancer are:

- **Basil Cell Carcinoma** (most common)
- **Squamous Cell** (second most common)
- **Melanoma** (far less common though more dangerous)

How Common is Skin Cancer?

Skin cancer is the most common of all types of cancer.

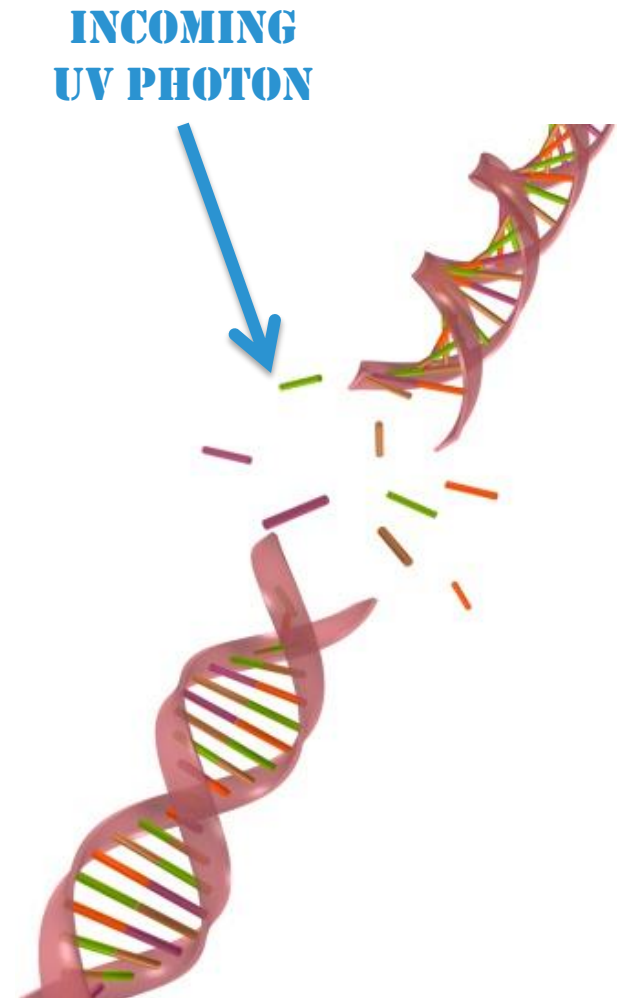
- It accounts for at least 1/3 of all cancers.
- Millions of people are diagnosed with basal and squamous cell skin cancers each year.*
- Over one-hundred thousand people are diagnosed with melanoma annually.*
- Melanoma skin cancer is still increasing at an alarming rate.

*World Health Organization



What Causes Skin Cancer?

- Most skin cancers are caused by ultraviolet (UV) radiation exposure to the area of skin that develops the cancer.
- UV rays damage the DNA of skin cells. Skin cancers start when this damage affects the DNA of genes that control skin cell growth.
- There's more evidence on the skin cancer hazards of tanning beds. Baking under their artificial lamps as little as once a month can boost your risk of a deadly form of skin cancer by 55%.
- Heredity plays a major role in skin cancer. About one in every 10 patients diagnosed with the disease has a family member with a history of melanoma.
- People with fair (light-colored) skin that freckles or burns easily are at especially high risk of skin cancer.



Types of Skin Cancer

- **Basal Cell**

- Basal cell carcinoma (BCC) is uncontrolled growths or lesions that arise in the skin's basal cells, which line the outermost layer of the skin. Basal cell cancers tend to grow slowly and seldom spread to other parts of the body. BCC often looks like open sores, red patches, pink growths, shiny bumps, or scars and are usually caused by a combination of cumulative and intense, occasional sun exposure.



- **Squamous Cell**

- Squamous cell carcinoma (SCC) is an uncontrolled growth of abnormal cells arising in the squamous cells, which compose most of the skin's upper layers. SCCs often look like scaly red patches, open sores, elevated growths with a central depression, or warts; they may crust or bleed. Squamous cell cancers are more likely to grow into deeper layers of skin and to spread.

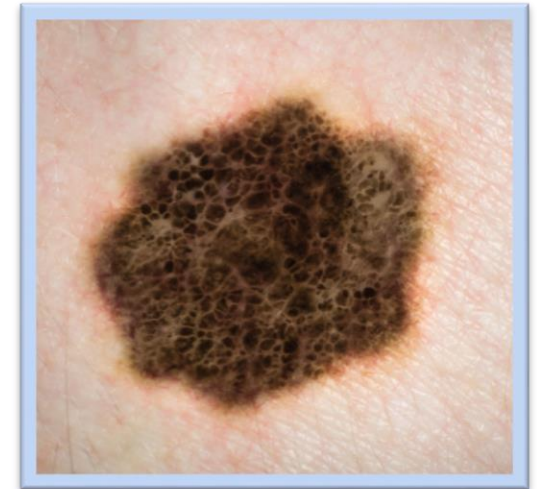


Types of Skin Cancer

- **Melanoma:**

- The most dangerous form of skin cancer, these cancerous growths develop when unrepaired DNA damage to skin cells (most often caused by ultraviolet radiation from sunshine or tanning beds) triggers mutations (genetic defects) that lead the skin cells to multiply rapidly and form malignant tumors. Melanomas often resemble moles; some develop from moles. The majority of melanomas are black or brown, but they can also be skin-colored, pink, red, purple, blue or white.
- Melanoma can start on nearly any part of the skin, even in places that are not normally exposed to the sun, such as the genital or anal areas. Though melanoma most often affects the skin (including under the nails), it can also start in other parts of the body, such as in the eyes or mouth. Melanoma is almost always curable when it's found in its very early stages.

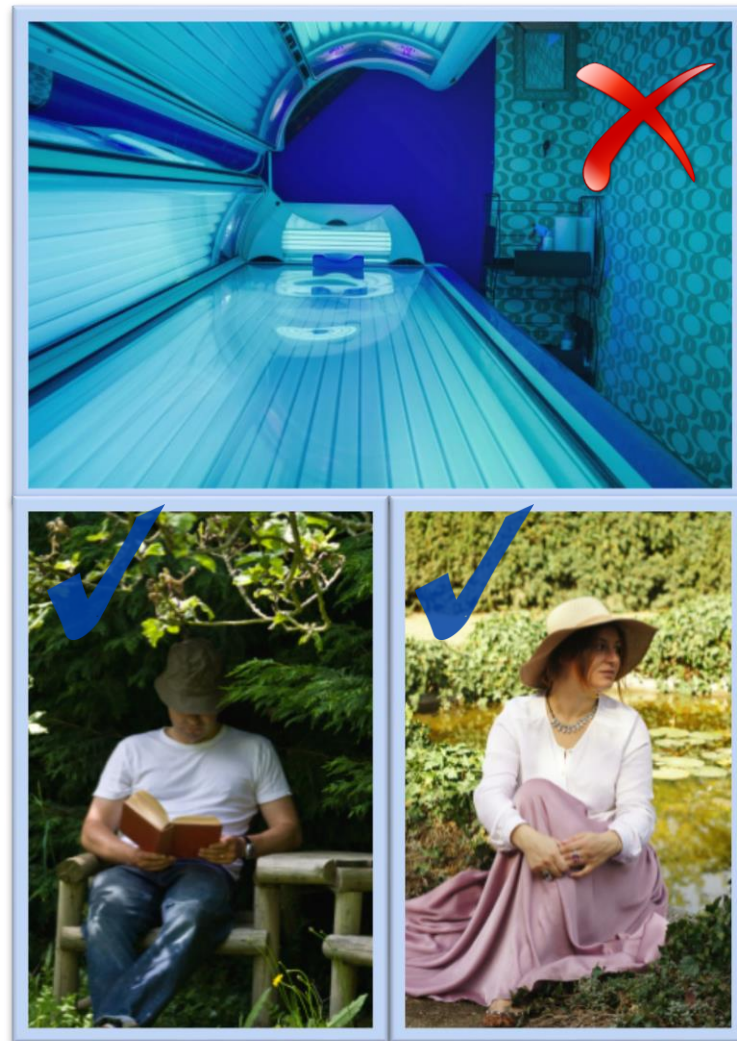
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What You Can Do To Prevent Getting Skin Cancer

- Don't sunbathe.
- Avoid long exposure to intense sunlight, especially between 10:00 a.m. and 4:00 p.m. (if your shadow is shorter than you, the sun's rays are at their strongest).
- When outdoors apply SPF 30 or higher sunscreen. Reapply every 2 hours and after swimming or sweating.
- Wear long pants, long-sleeved shirts, hats, 100% UVA and UVB sunglasses.
- Tint windows in automobiles.
- Stay away from artificial tanning devices.

Follow these practices to protect your skin even on cloudy or overcast days. UV rays can travel through clouds.



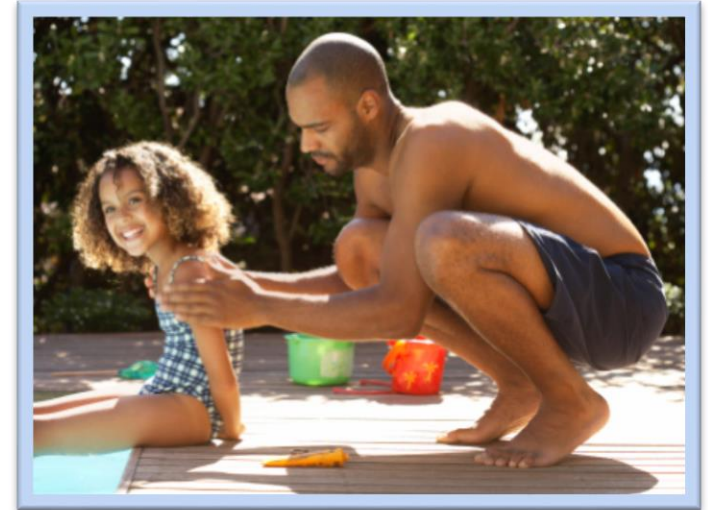
How is Skin Cancer Detected

- It is important to conduct full body self exams once a month using mirrors for hard-to-see areas. [Click here](#) for a how-to guide to self exams.
- Look for:
 - New red or darker colored flaky patches or nodules
 - New firm, flesh-colored bumps
 - Bleeding sores that don't heal after 2 to 3 days
 - Change in the size, shape, color or feel of a mole
 - A change in sensation, such as itchiness, tenderness, or pain
- Be aware of changes, over time, in any marks on your skin.
 - If in doubt, contact your physician or dermatologist.
- See a dermatologist/physician for a skin exam annually.
 - A physician may conduct further testing if something is found.



Your Responsibility

- Know what skin cancer is
- Know how to prevent skin cancer
- Know how to detect skin cancer
- Seek medical attention if unsure or detect an abnormality



**IT IS YOUR
RESPONSIBILITY**

Health Living It's in Your Hands!



Authored by: Roy Wilson (CLO)

Sources: www.cancer.org, American Cancer Society, World Health Organization