

Most skin cancers appear after the age of 50, but it is even found in teenagers since children are getting exposed to the sun more than ever before.

Whenever possible, avoid exposure to the sun from 10 a.m. to 2 p.m. standard time or 11 a.m. to 3 p.m. daylight savings time.

Wear a sunscreen lotion that contains at least a Sun Protection Factor - or SPF - of 15 to 30 whenever you must go in the sun. Wear sun-protective clothing and a hat if possible.

Always Keep in Mind...

Lake Cumberland Regional Hospital Cancer Treatment Center is offering this brochure to partner with you in the prevention and treatment of skin cancer.

We encourage you to speak regularly with your doctor or healthcare professional about the risks of skin cancer and any concerns that you have.

Remember, early detection and treatment are the keys to the successful prevention and treatment of skin cancer.



About the Lake Cumberland Regional Hospital Cancer Treatment Center



Lake Cumberland Regional Hospital's Cancer Treatment Center moved into its new, state-of-the-art facility in May 2004. Since opening, the Center has treated approximately 25 new patients each month.

The Center is part of Lake Cumberland Regional Hospital that is in the final stages of a \$55 million expansion and renovation, which includes a new parking garage and five story patient tower.

Lake Cumberland Regional Hospital, a 259-bed facility, opened in May, 1976. In addition to the Cancer Treatment Center, outpatient surgery, sleep disorders and outpatient radiology centers are also featured on campus.

Treating and Preventing Skin Cancer



Another Healthcare Service from:

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Treating and Preventing Skin Cancer

Skin cancer is one of the most common types of cancer. It affects over one million people each year. But if it is caught early and treatment is begun, it is almost always 100 percent curable.

Lake Cumberland Regional Hospital Cancer Treatment Center is partnering with you to offer ways to prevent this type of cancer and how the course of treatment is handled.

Each person should know their personal risk of getting cancer and recognize the signs of developing skin cancer.

Types of Skin Cancer

There are several types of skin cancers and they are named according to the cells where the cancer starts.

Melanoma begins in the melanocyte skin cells that cause color in our skins.

Basal cell carcinoma and squamous cell carcinoma are the most common forms of skin cancer.

Together, these two types are known as non-melanoma skin cancer.

Melanoma is the most serious form of skin cancer. If it is not detected early and treated, it can spread to other parts of the body and can be fatal.

However, early detection and treatment can be keys to successfully treating melanoma.



Melanoma



Basal cell carcinoma



Squamous cell carcinoma

Early Warning Signs of Skin Cancer

Because most skin cancer is curable if detected early and treated, it is important to know the early warning signs of skin cancer, especially melanoma.

Each person should have a full skin exam done by a trained healthcare professional on a regular basis. You should talk to your doctor about an appropriate screening schedule based on your personal risk factors. You should also conduct a monthly self-exam in addition to seeing a healthcare professional for signs of skin cancer.

The most common warning sign of skin cancer is a change in the skin. This may be a sore, a growth that does not heal or a patch of skin that becomes scaly and itchy.

Basal and squamous cell cancer may look like a small, smooth, shiny, pale or waxy lump. The lump may also be firm and red and can bleed. Basal and squamous cell cancers are usually found in areas of the skin exposed to the sun.

Melanoma skin cancer generally starts out in a mole that becomes abnormal. This can happen anywhere on your skin, not just areas exposed to the sun. Look for the following changes in moles:

- *Asymmetrical* - abnormal moles are unevenly shaped or notched.
- *Large size* - abnormal moles are larger than 5 mm.
- *Rough or scaly surface*
- *Odd color* - abnormal moles may be mixed in colors including tan, black, pink and red.
- *Unusual sensation* - if a mole itches or is painful or tender, it needs to be examined by a healthcare professional.
- *Abnormal skin around the mole* - if the color from a mole spreads into the skin surrounding it, or if the surrounding skin becomes white or gray, it may be an indication of melanoma.

Any unusual changes in your skin should be examined by a doctor without delay.

Risk Factors

If you have any of the risk factors listed below, you should take even more care than the average person to control your UV exposure.

Higher risk individuals need to be very watchful for the early signs of skin cancer.

Here are some risk factors to remember:

- *Exposure to the sun*
- *Severe, blistering sunburns, especially in childhood*
- *Family history of skin cancer*
- *Having more than 50 ordinary moles*
- *Unusual moles*
- *Fair skin that freckles*
- *Weakened immune system*

Causes and Prevention

Ultraviolet (UV) radiation is the main cause of skin cancer. UV radiation can come from the sun or from tanning beds and sunlamps. The damage from UV exposure accumulates over your lifetime.



Damage caused by exposure to UV radiation - from the sun, for example, accumulates over a lifetime.