

# **What You Need to Know**

A healthy tan is a myth. Tanned skin is damaged skin. Ultraviolet (UV) radiation from the sun is what tans, burns and damages your skin. Damaged skin cells lead to skin cancer, the most common of all cancers. Skin cancer affects more than 2 million people each year and includes:

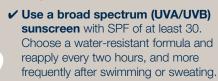
- Basal cell carcinoma
- Squamous cell carcinoma
- Melanoma

Melanoma is less common than either basal cell or squamous cell cancers, but far more dangerous. Melanoma, responsible for more than 9,000 deaths each year, is more likely to spread to other body areas, making treatment challenging.

## **PRACTICE SUN SAFETY**

UV rays are a major cause of skin cancers, cataracts, eyelid cancers and premature skin aging and wrinkling.

- ✓ Avoid tanning, outdoors as well as tanning beds, booths and sunlamps.
- ✓ Apply sunscreen daily at least 30 minutes before sun exposure and on cloudy days, too.
- ✓ Seek shade during the sun's most intense hours between 10 am and 4 pm.



- ✓ Cover up with protective clothing including a broadbrimmed hat.
- ✓ Shade your eyes with sunglasses that filter UV rays.

# **What Skin Cancer Looks Like**

### Signs of Basal Cell or Squamous Cell Carcinoma

Have a physician check out any skin spots, sores or bumps that look like these:



A lump that's smooth, shiny, pale or waxy



A red or brown patch that's rough and scaly



A lump that's firm and red



A flat red spot that's rough, dry, or scaly and may be itchy or tender



A lump or sore that bleeds or develops a crust or scab, but does not heal

### Signs of Melanoma

Melanoma may begin in a mole or on previously clear skin. Have a physician assess any mole that shows one or more of the following ABCDE characteristics:



Asymmetry. One half does not match the other half.



Border is irregular. The mole's edges are ragged, notched or blurred.



Color is not uniform. Mole may appear shades of black, brown, tan, red, gray, white, pink or blue.



Dlameter is larger than 6 millimeters (mm) or 1/4 inch, about the size of a pencil eraser. Any sudden or continued increase in size is of special concern.



**Evolving.** The mole or lesion looks different from the rest, or is changing in size, shape or color.







































Nationally recognized. RPCI is a National Cancer Institute (NCI) designated Comprehensive Cancer Center, the only one in New York State outside of New York City.

Convenient satellite locations. Skin cancer patients may Falls, N.Y.

A multidisciplinary care approach by a team of dermatologists and surgical, medical and radiation oncologists who

**Treatment the** 

• Imiquimod cream, a type of

superficial minor skin cancers.

biologic therapy that uses a patient's

eyelids, nose, ears, lips and fingers.

immune system, is used to treat some

• Specialized skin cancer surgery. Mohs micrographic

cells while preserving healthy tissue, particularly on the

surgery, an advanced surgical technique, removes cancer

**RPCI Way** 

Up to

of the sun's UV radiation reaches earth on a completely cloudy day.

# **Meet the Doctors**

(above from left to right)

#### Dermatology

- 1) llene L. Rothman, MD 2) Bethany Lema, MD
- 3) Gyorgy Paragh, MD, PhD

#### Dermatopathology

4) Paul Bogner, MD 5) Richard Cheney, MD

#### **Surgical Oncology**

6) Valerie Francescutti, MD, FRCSC 7) John Kane III, MD, FACS

8) Joseph Skitzki, MD

#### **Head and Neck Surgery**

9) David Cohan, MD

10) Vishal Gupta, MD 11) Wesley Hicks, Jr., MD, FACS

#### **Medical Oncology**

12) Nikhil I. Khushalani, MD 13) Amy Early, MD, FACP

#### **Radiation Oncology**

14) Kilian Salerno, MD

### **Plastic and Reconstructive Surgery**

17) Paul Tomljanovich, MD

15) Hassan Arshad, MD 16) Cemile Nurdan Ozturk, MD

• Plastic and reconstructive surgeons to restore or improve appearance and function of important skin structures.

Unprotected skin can become damaged by the sun in as little as

Some common medications increase skin's susceptibility to UV damage.



**Anyone** 

skin cancer,

regardless

color.

of skin

can get



