



ROSWELL PARK COMPREHENSIVE CANCER CENTER

SKIN CANCER *Info Sheet*



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



Up to

40%

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



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



WHAT YOU SHOULD KNOW

Any tan is a sign of damaged skin cells and this damage is what leads 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.

WHAT SKIN CANCER LOOKS LIKE

Signs of Basal Cell or Squamous Cell Carcinoma

Have a physician check out any skin spot, sore or bump that look like these:



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



A red or brown patch that's rough and scaly



A bump that's firm and red



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



A bump 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 check any skin spot that has one or more of the following ABCDE characteristics:



ASYMMETRY. One half does not match the other half.



DIAMETER is larger than 6 millimeters or 1/4 inch, about the size of a pencil eraser. Any increase in size is of special concern.



BORDER is irregular. The edges are ragged, notched or blurred.



COLOR is uneven and may appear shades of black, brown, tan, red, gray, white, pink or blue.

EVOLVING. The spot is changing in size, shape or color.



ROSWELL PARK
COMPREHENSIVE CANCER CENTER

1-800-ROSWELL (1-800-767-9355) | RoswellPark.org

Roswell Park's community practices offer our high-quality cancer care, closer to home. For a full list of our suburban locations, both north and south of Buffalo, visit RoswellPark.org/locations.

WHY ROSWELL PARK?

- ✓ **Nationally recognized.** Roswell Park is a National Cancer Institute (NCI) designated Comprehensive Cancer Center, the only one in New York State outside of New York City.
- ✓ **A multidisciplinary care approach** by a team of cancer experts, dermatologists and surgical and medical oncologists, who work together under one roof.
- ✓ **Specialized skin cancer surgery.** Mohs micrographic surgery, an advanced surgical technique, removes cancer cells while preserving healthy tissue, particularly on the eyelids, nose, ears, lips and fingers.
- ✓ **Plastic & reconstructive surgeons** to restore appearance and function of important skin structures.

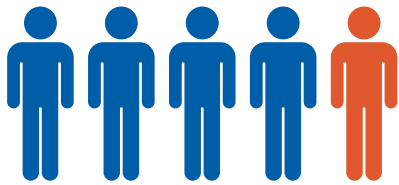


PRACTICE SUN SAFETY

UV rays are a major cause of skin cancer, cataracts, eyelid cancer 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 11 am and 3 pm.
- ✓ **Use a broad spectrum (UVA/UVB) sunscreen** with SPF of at least 30. Choose a water-resistant formula and reapply every two hours, and more frequently after swimming or sweating.
- ✓ **Cover up** with protective clothing including a broad-brimmed hat.
- ✓ **Shade your eyes** with sunglasses that filter UV rays.

1 in 5



**Americans will
develop skin cancer
by the age of 70.**

MEET OUR DOCTORS

Dermatology

1. Oscar Colegio, MD, PhD
2. Bethany Lema, MD
3. Gyorgy Paragh, MD, PhD
4. Ilene L. Rothman, MD

Mohs/Dermatologic Surgery

5. Michael Bax, MD
6. Kimberly Brady, MD

Dermatopathology

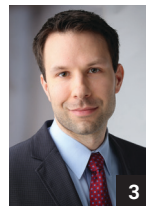
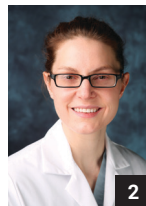
7. Adeel Ahmad, MD, MBA, FCAP
8. Paul Bogner, MD

Surgical Oncology

9. John Kane III, MD, FACS
10. Joseph Skitzki, MD

Medical Oncology

11. Marc Ernstoff, MD
12. Igor Puzanov, MD, MSCI, FACP



The American Academy of Dermatology recommends choosing a sunscreen that states the following on the label:



BROAD SPECTRUM

This means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause skin cancer.

SPF 30 OR HIGHER

This indicates how well a sunscreen protects you from sunburn.

WATER RESISTANT

While sunscreens can be "water resistant" (for 40 minutes) or "very water resistant" (for 80 minutes), sunscreens are not waterproof or sweatproof and need to be reapplied.