



SKIN CANCER

★ 1. Skin cancer can be cured:

- Skin cancers are cancers that arise from the skin.
- They are due to the development of abnormal cells that can invade or spread to other parts of the body.
- When caught early, most types of skin cancer can be cured easily with surgery.

★ 2. What causes skin cancer?

Excessive sun exposure throughout life

- Skin cancer is mainly caused by excessive sun exposure throughout your life, starting from childhood.
- This could happen from cumulative sun exposure over the years and intermittent/occasional recreational sun exposure.

★ 3. Skin cancer prevention is sun protection!

- Apply sunscreen year-round: use SPF 30 or higher
- Seek shade from the sun at peak hours (10am to 4pm)
- Wear protective clothing: shirts, sunglasses and a wide brimmed hat
- Avoid indoor tanning like tanning beds
- Be aware of sun-sensitizing medications

★ 4. What are risk factors of skin cancer?

Risk factors that increase the risk of having skin cancer:

- Excessive sun or UV exposure
- Fair skin and light hair
- Advancing age
- History of sunburns
- Radiation exposure
- Family or personal history of skin cancer
- Having numerous moles
- Smoking
- Immunosuppression
- Precancerous skin lesions



5. What are the symptoms of skin cancer?

cancer?

- Raised, smooth, pearly bump



- A new growth or mole



- A change in a mole: color, size, borders or shape



- A red scaly new patch



- A sore that does not heal



Consult your dermatologist for a thorough skin screening if you have 2 or more symptoms.

★ 6. What are treatment options for skin cancer?

- Most skin cancers detected at a localized stage, are treated with surgery which is curative at this point
- In the less common cases of skin cancer spreading to other areas of the body or locally advanced, new types of treatment are now available with good response rates and minimal side effects.