Skin Cancer – A burning issue

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Skin cancer – A burning issue

- Skin Cancer:
  - Types
  - Who gets skin cancer?
  - Who treats skin cancer?
  - Treatment
  - Prevention
  - The future
Types of skin cancer

- Pre-cancerous lesions
  - Solar keratosis
  - Bowen’s disease
  - Lentigo maligna
- Basal cell carcinoma
- Squamous cell carcinoma
- Malignant melanoma
Who gets skin cancer? (1)

- Fair skinned individuals
- Those who tan well and “sun worship”
- Fair-skinned individuals who enjoy out-door pursuits
- Patients with very large numbers of moles
Who gets skin cancer? (2)

- Out-door workers
- Overseas workers
- Organ transplant recipients
- Those who have previously had a skin cancer
Who treats skin cancer?

- Dermatologists 55%
- Plastic surgeons 25%
- Ophthalmologists 5%
- Radiotherapists 5%
- Maxillofacial surgeons 5%
- General practitioners 5%
Treatment options

- **Pre-cancerous lesions:**
  - Cryotherapy
  - Curettage and cautery
  - Photodynamic therapy
  - 5-fluouracil or imiquimod cream

- **Cancerous lesions:**
  - Excision
  - Moh’s surgery
  - Radiotherapy
Metvix PDT:
Quick and Simple Treatment

Lesion preparation  Metvix application  Aktilite illumination
Prevention of skin cancer

- If fair-skinned and in bright sunlight, protect the skin with:
  - Clothing
  - Avoid sun between 11:00 am - 3:00 pm
  - Stay in the shade
  - Use a high factor sunscreen (SPF 15+) on exposed skin
The future…

- National Institute for Clinical Excellence:
  “Improving outcomes for people with skin tumours, including melanoma”

Guidance on cancer services

Consultation version: April 2005
Main proposals:

- Co-ordinated three-tier structure for provision of skin cancer services
- Creation of new community skin cancer teams
- Appointment of additional skin cancer clinical nurse specialists
Prevention of skin cancer

“Prevention of skin cancer: a review of available strategies.”

Harvey I. Bristol: University of Bristol, Health Care Evaluation Unit 1995

Conclusions: Efforts at primary prevention of skin cancer should concentrate upon ways of altering attitudes and beliefs, not simply increasing knowledge about skin cancer.
Prevention of skin cancer

Harvey (continued)

“These efforts (at primary prevention of skin cancer) should be directed towards children and their parents”

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