

# Skin Cancer

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## Can you spot A rip at the beach? A great wave? A skin cancer?

Two in three Australians will develop skin cancer before the age of 70. The good news is that 95 per cent of skin cancers can be successfully treated if detected early.

**Do you know what skin cancer looks like?**  
A simple check could save your life. We should all check our skin regularly. Get to know your skin and take immediate action if you notice any changes.

If you have fair skin, blue or green eyes, fair or red hair or lots of moles or freckles you are at high risk of developing skin cancer.

Cumulative UV exposure also contributes to your risk of developing skin cancer. So if you grew up in Australia, work outdoors or spend lots of time in the sun you should take care to protect and check your skin.

### Use the ABCD of melanoma detection to check for the following:



**Asymmetry**  
If the spot or lesion is divided in half, the two halves are not a mirror image.



**Border**  
A spot with a spreading or irregular edge.



**Colour**  
A spot with a number of different colours through it.



**Diameter**  
A spot that is growing and changing in diameter or size.

#### Skin cancers

There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma and melanoma.

##### Melanoma

- Accounts for 1-2% of skin cancers.
- Is the most dangerous and aggressive form of skin cancer.
- If left untreated can spread to other parts of the body and can be fatal.
- Grows quickly over weeks to months.
- Can appear as a new or existing spot, freckle or mole that changes in colour, size or shape.
- Can grow anywhere on the body, not just areas exposed to the sun.
- Occurs most frequently on the upper back in males and on the lower leg in females.



##### Basal Cell Carcinoma (BCC)

- Accounts for about 66% of skin cancers.
- Grows slowly over months or years.
- Look for small, round or flattened spots that are red, pale or pearly in colour. Some are scaly like a patch of eczema.
- May become ulcerated, bleed and fail to heal.
- Usually found on the upper body, head or neck.



##### Squamous Cell Carcinoma (SCC)

- Accounts for about 33% of skin cancers.
- Grows over months and may spread if not treated.
- Look for scaly red areas that may bleed easily, ulcers or non-healing sores that are often painful, especially when touched.
- Often found on lips, ears, scalp, backs of the hands and lower legs.



#### Warning signs

The following spots are not skin cancer but may predispose you to skin cancer or be a warning sign that skin damage has occurred.



##### Dysplastic naevi ('atypical moles')

- Are odd-shaped moles that may indicate a greater risk of developing melanoma.
- Usually 5-10mm wide with uneven colouring.
- If you have lots of odd-shaped moles get your skin checked regularly by your doctor.



##### Solar keratoses ('sunspots')

- Generally hard, red, scaly spots on sun-exposed areas of the skin.
- Most commonly found on the head, neck and on the back of the hands.
- Is a warning sign that the skin has been damaged by the sun and that skin cancers may develop.
- If you have solar keratoses, protect yourself from further sun damage and have your skin checked regularly by a doctor.

#### Harmless spots

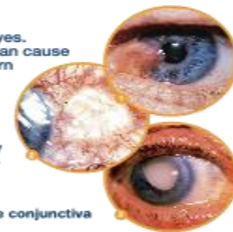
- Seborrheic keratoses ('senile warts')**
- Common non-cancerous spots sometimes confused with melanomas.
- Raised warty-looking brown or black lesions with well-defined borders.
- Mostly found on the trunk but can occur anywhere on the body.



#### Eye damage

The sun can also damage your eyes. In the short term, sun exposure can cause burns to the eye similar to sunburn of the skin. Long-term exposure can lead to cataracts (clouding of the lens), pterygium (tissue covering the cornea) and cancer of the conjunctiva or cornea. It is important to protect your eyes by wearing sunglasses and a broad-brimmed or bucket hat.

- Pterygium (tur-riddj-l-um)
- Squamous Cell Carcinoma of the conjunctiva
- Cataract



#### Check your skin regularly

- Many skin cancers are detected by people themselves or by a family member.
- To check your skin, undress completely and stand in good light.
- Use a full-length or hand-held mirror to check your back, legs and scalp. If there are areas you can't see properly ask a family member or your GP for a skin check - don't ignore them.
- Make sure you check your entire body as skin cancers can sometimes occur on parts of the body not exposed to the sun, for example the soles of the feet. Go through the same checking sequence each time to get into a routine.

#### Check your:

- Head, scalp, neck and ears**  
Take an extra close look around the nose, lips, ears and scalp.
- Torso**  
Check the front, back and sides of the torso.
- Arms, hands, fingers and nails**  
Remember to look at the spaces between the fingers and the beds of your fingernails.
- Buttocks, legs and feet**  
Remember to check between toes, under toenails and on the soles of feet.

#### See a doctor straight away if you notice:

- A skin spot that is different from other spots around it.
- A mole or freckle that has changed in size, shape or colour.
- A new spot that has changed over weeks or months in size, shape or colour.
- An inflamed sore that has not healed within three weeks.

#### Be SunSmart.

Protect yourself in five ways from skin cancer. UV levels are highest during the middle of the day. Take care to be SunSmart when the UV Index is 3 or above. Check our UV Alert online or download our SunSmart app at [www.cancer.org.au/UVAlert](http://www.cancer.org.au/UVAlert)

- Slip on protective clothing**
- Use clothing to cover as much skin as possible.

- Slap on SPF 30 or higher sunscreen**
- Make sure it's broad spectrum and water-resistant.

- Slap on a hat**
- Wear a broad-brimmed hat that covers your face, head, neck and ears.

- Seek shade**
- Make use of trees or built shade or bring your own.

- Slide on some sunglasses**
- Close-fitting wrap-around styles offer the best protection.

**Melanoma accounts for 10% of all cancers**



# How Can You Reduce Your Risk?

REDUCE OVEREXPOSURE TO UV SUNLIGHT THAT DAMAGES SKIN CELLS DNA & SUPPRESSES SKIN IMMUNE SYSTEM

Skin Checks

Avoid Solariums

Protective clothing, SPF 30+ or higher sunscreen, Hat, Sunglasses, Seek Shade  Quit Smoking

Limit Alcohol QUIT Smoking

Keep Moving

10 Foods Vitamin B3: Mushrooms, green peas, sunflower seeds, peanuts, Avocado, Liver, (Tuna-Mercury so avoid), Grass fed beef a(bovine allergy), cook breast, Turkey

Vitamin B3 - Nicotinamide treatment Also called niacin; nicotinamide (vitamin B3) is a water-soluble nutrient involved in energy production and carbohydrate metabolism. Legumes, peanuts, wheat bran, and fish are all sources of vitamin B3.

## DNA Repair

Cancer Council NSW helped fund one of the biggest discoveries in skin cancer research – that vitamin B3 can help reduce non-melanoma skin cancers

### What did the trial discover?

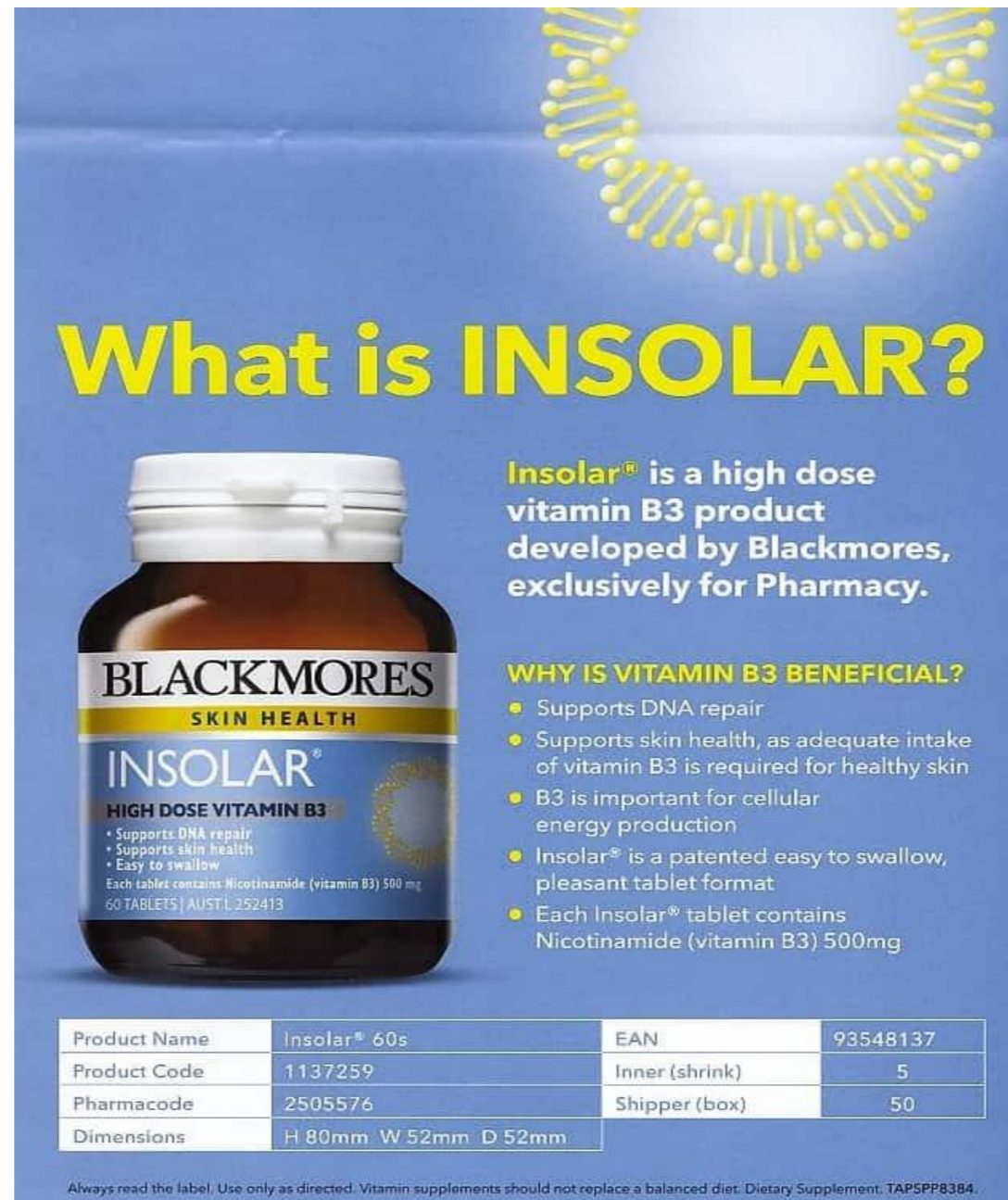
- The final results of ONTRAC were published in the [New England Journal of Medicine](#) and made international headlines.
- The team found that at 12 months, the rate of non-melanoma skin cancers was 23% lower in the nicotinamide group than in the placebo group.
- The number of precancerous lesions was also 13% lower among the people taking nicotinamide compared to those not taking nicotinamide.

### Who can use nicotinamide to prevent skin cancer?

Professor Damian emphasised that using nicotinamide to prevent skin cancer is a high-dose treatment

rather than a supplement. “This treatment is only for people with a defined medical condition – multiple skin cancers.”

“It’s not suitable for the general population, as we do not have any evidence that it would be beneficial in a lower risk setting.”



## What is INSOLAR?

**Insolar<sup>®</sup> is a high dose vitamin B3 product developed by Blackmores, exclusively for Pharmacy.**

**WHY IS VITAMIN B3 BENEFICIAL?**

- Supports DNA repair
- Supports skin health, as adequate intake of vitamin B3 is required for healthy skin
- B3 is important for cellular energy production
- Insolar<sup>®</sup> is a patented easy to swallow, pleasant tablet format
- Each Insolar<sup>®</sup> tablet contains Nicotinamide (vitamin B3) 500mg

Product Name	Insolar <sup>®</sup> 60s	EAN	93548137
Product Code	1137259	Inner (shrink)	5
Pharmacode	2505576	Shipper (box)	50
Dimensions	H 80mm W 52mm D 52mm		

Always read the label. Use only as directed. Vitamin supplements should not replace a balanced diet. Dietary Supplement. TAP5PP8384.

# ARE YOU AT RISK OF SKIN CANCER?

## Low Risk doesn't mean NO Risk

1. Gender
2. Age group
3. Ethnic origin based on the majority of your ancestors
4. When out in the sun without sunscreen, did you burn easily or tan?
5. How many times have you been so severely sunburnt that your skin peeled and blistered?
6. As a teenager, how many moles &/or freckles did you have?
7. Has Anyone in your immediate family had a melanoma?
8. Have you had any sunspots burnt or frozen off?
9. Have you had any type of skin cancer cut out? (Eg:BCC, SCC, Melanoma)
10. We're any of the skin cancers in Q9 a Melanoma?



## 3 MAIN TYPES OF SKIN CANCER

### Skin Cancer Types

#### BCC (Basal Cell Carcinoma)

- The most common, usually pink, may bleed or itch



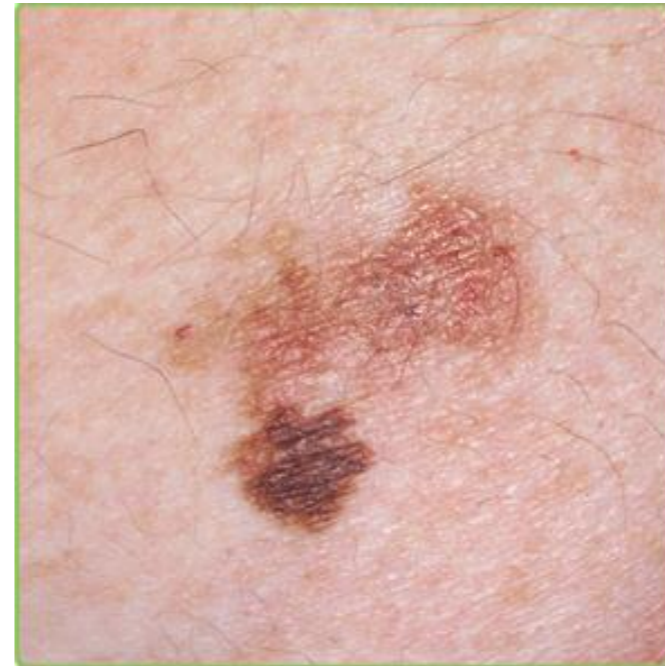
#### SCC (Squamous Cell Carcinoma)

- Often arise from sunspots or solar keratoses
- Can spread to lymph glands
- Red, scaly, may be tender, ulcerate or bleed



#### Melanoma

- Most serious
- Uneven colour, irregular shape, irregular outline



## WHAT TO LOOK FOR

### **S C A N Your Skin**

Sore - Scaly, itchy, bleeding, tender and doesn't heal within 6 weeks

Changing - Changing in size, shape, colour or texture

Abnormal - Looks different, feels different, or stands out when compared to your other spots and moles

New - Any new mole or spot should be checked, especially if you are over 40

Australia & New Zealand Have the highest rates of Skin Cancer In The World

