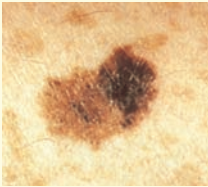


Skin Cancer

FACTS ABOUT SKIN CANCER

WHAT CAUSES SKIN CANCER?

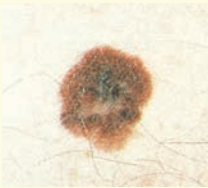
The most common cause of skin cancer is excessive exposure to sunlight. Most skin cancers occur on sun-exposed parts of the body, such as the head, neck, arms, and hands. Patients with fair-skin who sunburn easily develop skin cancer more frequently than those who are dark and tan easily. Severe, blistering sunburns during childhood also increases your risk of developing skin cancer, specifically melanoma.



Asymmetric mole



Irregular borders



Multi-color



Large mole

WHAT ARE THE TYPES OF SKIN CANCER?

Basal cell carcinoma, the most common type of skin cancer, is a slowly growing cancer, which typically does not metastasize, but can cause destruction of the skin, bone, and cartilage.

Squamous cell carcinoma, the second most common skin cancer, grows more quickly than basal cell

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carcinoma and may spread to lymph nodes and internal organs.

Melanoma is the most aggressive type of skin cancer and may be life-threatening if not treated early. Melanomas often have an irregular shape, ill-defined borders and variable color (brown, blue, red, white, black or a combination of colors).

HOW IS SKIN CANCER TREATED?

Treatment of skin cancer should completely remove the cancer, preserve normal skin, preserve function, and provide an optimal cosmetic result. Treatment options of skin cancer include cryotherapy (freezing), curettage and electrodesiccation (scraping and burning with an electric needle), excision (surgical removal), radiation therapy, or Mohs surgery. The method of treatment depends on a number of factors including location of the cancer, size of the cancer, and previous therapies.

HOW CAN I PREVENT SKIN CANCER?

Minimize sun exposure between the hours of 10AM and 3PM when the sun is the strongest. Wear a hat, long-sleeved shirts and long pants when out in the sun. Apply a sunscreen with an SPF (Sun Protection Factor) of 15 or higher to all exposed skin, including the tops of the ears. Reapply sunscreen frequently and liberally, at least every 1 to 2 hours. Sunscreen should always be reapplied after swimming or perspiring. Avoid tanning booths since the UV light used in these facilities increases your risk of developing skin cancer.

For more information about Skin Cancer, please visit www.SkinCareSanDiego.com

All photographs are of actual patients and have not been retouched.

