Early Detection of Skin Cancer
Melanoma Patient Conference

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Conflict of interest

I have created:

ALTRUIST
Dermatologist Sunscreen

Affordable dermatologist specification sunscreen

www.altruistsun.com
Skin cancer lesion recognition

• Not just melanoma
  – BCC
  – SCC & pre-cancerous lesions
  – Melanoma
sBCC

• Management options
  – Excision
  – Curettage
  – Imiquimod 5%
  – Cryotherapy (2 cycles 15s)
  – PDT
Nodular BCC

- Typically pearly appearance or edge
- Telangiectasia
- Management options
  - Excision
    - 4mm margin
    - Mohs micrographic surgery
  - Radiotherapy

- Imiquimod & PDT not recommended (poor clearance and high recurrence rate)
Morphoeic BCC
Solar Keratoses
AKs and SCC in-situ

- Sun damage over a lifetime
- Cumulative
- Treatment: creams, freezing, PDT, scraping (Curettage & Cautery)
- Can lead to SCC
SCC

• More rapidly growing
• High risk (needs follow up):
  • Mouth, ears
  • > 2cm diameter
  • Moderate – poor differentiation
  • Immunosuppressed

• Treatment
  • Excision 4-6mm margin
  • Radiotherapy
  • Curettage (only if small and well differentiated)
Melanoma survival by AJCC stage

Balch et al. *JCO* 2009
Melanoma Detection

- A - Asymmetry
- B - Border (irregular)
- C - Colour (more than 2)
- D - Diameter (>7mm)
- E - Evolution
Melanoma Recognition

• ABCDE

• Report new or changing lesions

• Ugly duckling
Seborrhoeic keratoses
Melanoma

• Early excision best (only) chance of cure
  a) Early detection
  b) Prevention
Melanoma detection

• Report new or changing lesions
  – don’t worry too much about your ABC!
• Look out for the ugly duckling!

• Prevention is better than cure!
Melanoma prevention

• The only modifiable risk factor
SLIP

SLIP ON PROTECTIVE CLOTHING

SLOP

SLOP ON SPF 30+ SUNSCREEN

SLAP

SLAP ON A HAT

SEEK

SEEK SHADE

SLIDE

SLIDE ON SOME SUNGLASSES
Melanoma conclusions

• Sun exposure is only modifiable risk factor
  – But poorly adhered to!
• Early detection is key to cure
  – Self examination
  – New/changing, rather than ABCD
Conclusions

• Many different types of skin lesion

• Report:
  – new lesions that don’t heal
  – changing lesions

• Most can be cured by early excision

• Questions?