

Early Detection of Skin Cancer

Melanoma Patient Conference

Dr Andrew J Birnie
Consultant Dermatologist & Dermatological Surgeon
Skin Cancer MDT Lead
East Kent Hospitals NHS Foundation Trust

Director
ALTRUIST Dermatologist Sunscreen

Conflict of interest

I have created:

ALTRUIST Dermatologist Sunscreen

Affordable dermatologist
specification sunscreen

www.altruistsun.com





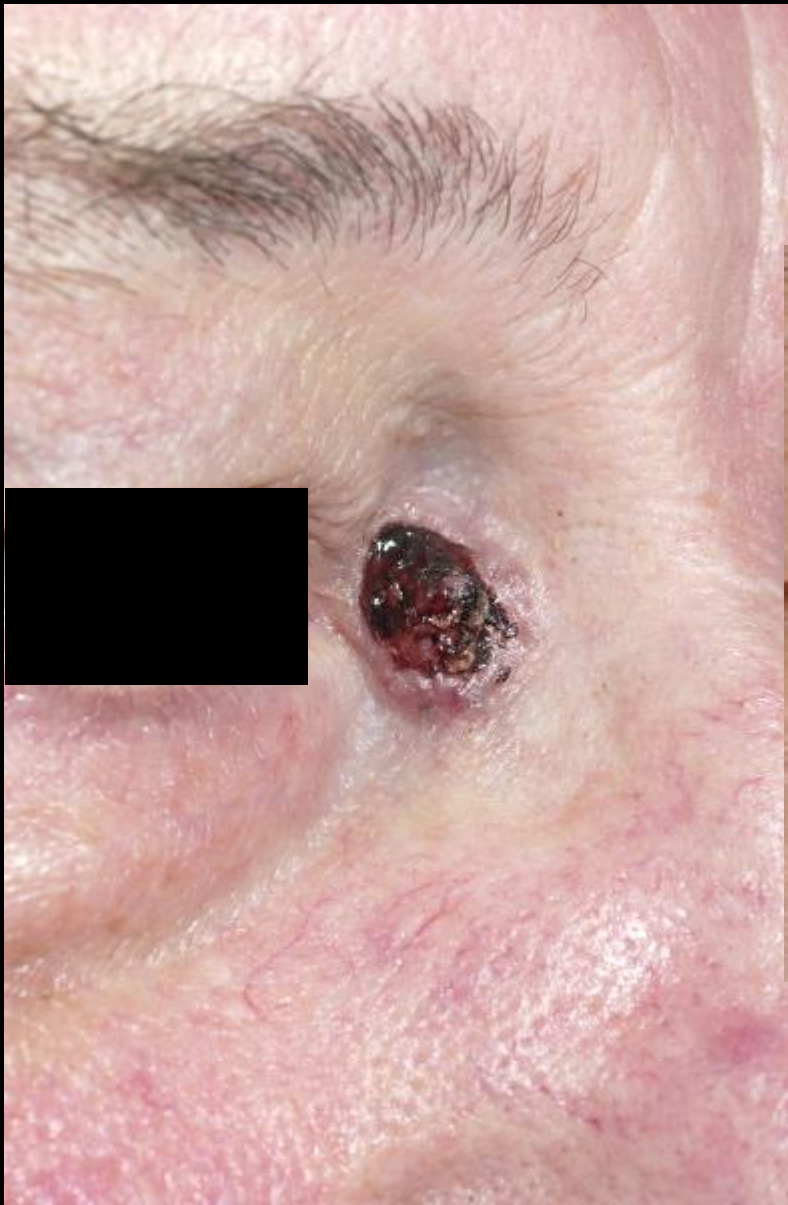
Skin cancer lesion recognition

- 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



















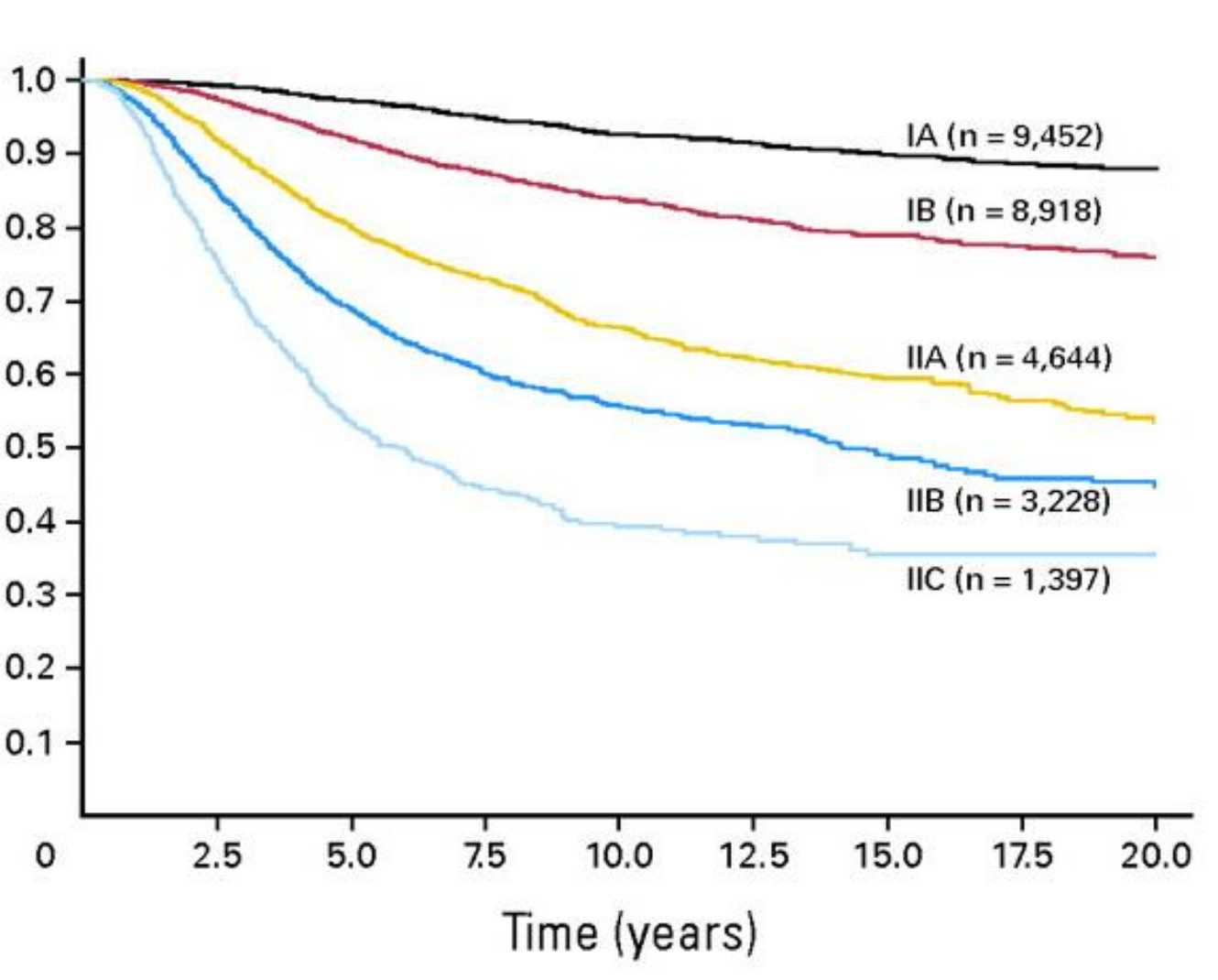


SCC

- 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



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





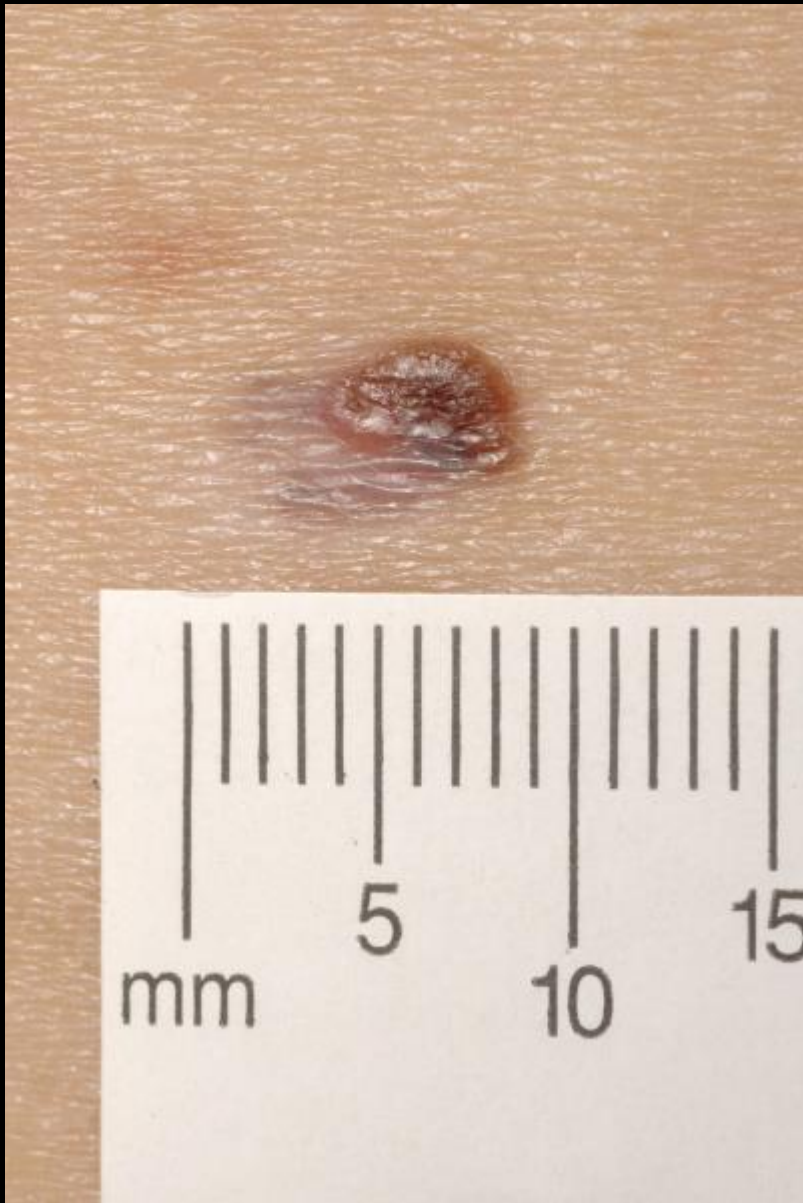
Seborrheic keratoses













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



**FREE SUNSCREEN
IS PROVIDED &
ENCOURAGED
AT EVERY LESSON**

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?

