**BACKGROUND**

* Cancerous cell generation in the dermis/ epidermal regions of the body
* 2 types: melanoma and non-melanoma skin cancer

**INCIDENCE AND PREVALENCE1,2**

* Most common form of cancer in the US
* Roughly 1 in 5 American will develop skin cancer in their lifetime
* approximately 9,500 people in the U.S. are diagnosed with skin cancer every day
* Most common in Caucasians near the equator and men over the age of 50, but possible in all complexions
* Nearly 20 Americans die from melanoma every day. In 2020, it is estimated that 6,850 deaths were attributed to melanoma

**SURVIVAL RATE**

* The five-year survival rate for people whose melanoma is detected and treated before it spreads to the lymph nodes is 92%
* The five-year survival rate for melanoma that spreads to nearby lymph nodes is 65%. The five-year survival rate for melanoma that spreads to distant lymph nodes and other organs is 25%

**SIGNS AND SYMPTOMS5**

\*most are asymptomatic

* Basal cell carcinoma: pearly or waxy bump; flat, flesh-colored or brown scar-like lesion; bleeding or scabbing sore that heals and returns
* Squamous cell carcinoma: Firm red nodule; A flat lesion with a scaly, crusted surface
* Melanoma: large brownish spot with darker speckles; mole that changes in color, size or feel or that bleeds; small lesion with an irregular border and portions that appear red, pink, white, blue or blue-black; painful lesion that itches or burns; Dark lesions on your palms, soles, fingertips or toes, or on mucous membranes

**EFFECTS ON BODY1,3**

* Melanoma type cancers are more deadly
* As with most cancers, skin cancer becomes more deadly if it spreads to surrounding lymph nodes and begins to metastasize
* 5-year survival rate significantly increases (92%) in melanomas that are detected early as opposed to ones that spread to local lymph vessels (65%) and ones that spread to distant vessels and organs (25%)

**RISK FACTORS1,3**

Modifiable:

* Indoor tanning/ artificial UV light exposure
* Over exposure to sun
* Use of SPF 15 or higher sunscreen reduces risk
* Residing near equator

Non-Modifiable:

* Age >15 (nonmelanoma) age > 50 (melanoma)
* Fair skin; Caucasian race
* Sun sensitivity/ prolonged redness after sun exposure
* History of cancer/ skin cancer in family and previous boughs of skin cancer
* Male (nonmelanoma)

**PT TESTS/ PROCEDURE3**

\*early detection is key

* Skin examinations for abnormal moles/ lesions – ABCDE checklist
  + Asymmetry: non-symmetrical
  + Border: irregular borders
  + Color: multiple shades
  + Diameter: greater than 6mm
  + Evolving over time
* One or more of these should be cause for physician referral

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Physician Referral

If any of these ABCD’s are found on a patient upon skin examination, referral to their physician is necessary so they may complete further testing to rule in/ out skin cancer.

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