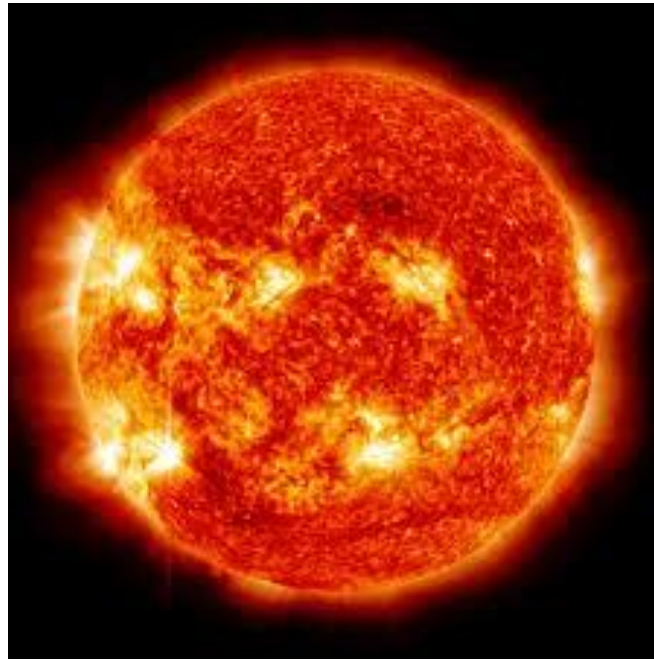




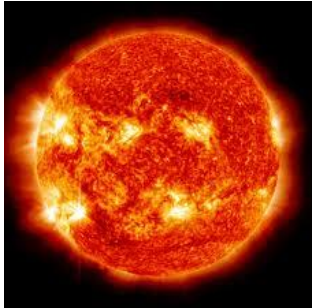
Guy's and St Thomas'
NHS Foundation Trust

Skin cancer Prevention

What are the causes of skin cancer?



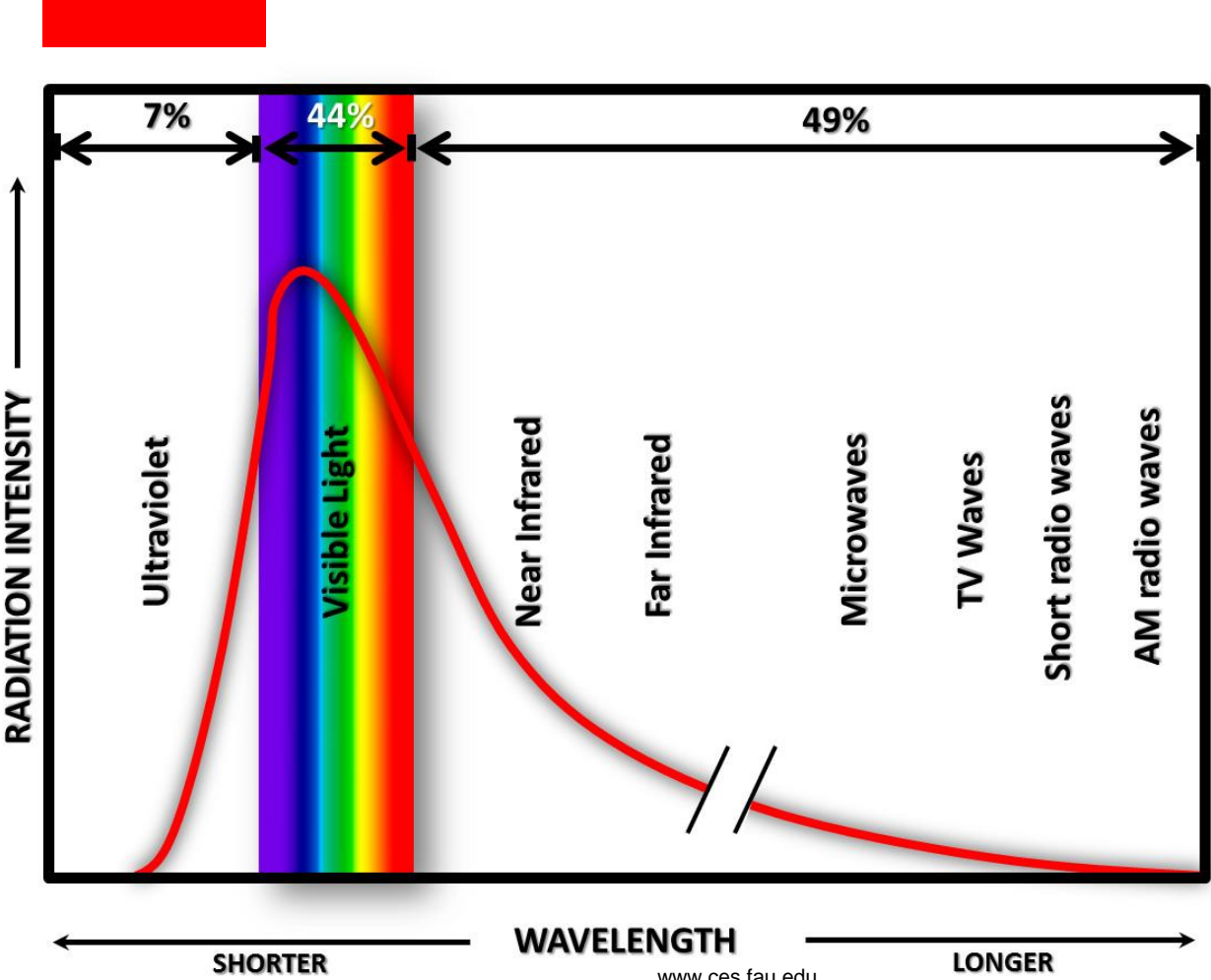
Chronic UV



- Melanoma
- Basal cell carcinoma
- Squamous cell carcinoma

Sunlight

UV



www.ces.fau.edu

Skin phototypes









1



6

Skin type chart

NATURAL SKIN COLOUR	Very fair, pale white, often freckled	Fair, white skin	Light brown	Moderate brown	Dark brown	Deeply pigmented dark brown to black
	 <p>1</p>	 <p>2</p>	 <p>3</p>	 <p>4</p>	 <p>5</p>	 <p>6</p>
UV SENSITIVITY & TENDENCY TO BURN	<p>Highly sensitive</p> <p>Always burns, never tans</p>	<p>Very sensitive</p> <p>Burns easily, tans minimally</p>	<p>Sensitive</p> <p>Burns moderately, usually tans</p>	<p>Less sensitive</p> <p>Burns minimally, tans well</p>	<p>Minimal sensitivity</p> <p>Rarely burns</p>	<p>Minimal sensitivity</p> <p>Never burns</p>
SKIN CANCER RISK	<p>Greatest risk of skin cancer</p>	<p>High risk of skin cancer</p>	<p>High risk of skin cancer</p>	<p>At risk of skin cancer</p>	<p>Skin cancers are relatively rare, but those that occur are often detected at later, more dangerous stage. Increased risk of low vitamin D levels.</p>	<p>Skin cancers are relatively rare, but those that occur are often detected at later, more dangerous stage. Increased risk of low vitamin D levels.</p>

Skin Type Table adapted by SunSmart Victoria (2011) using Fitzpatrick Scale (1975). Images courtesy Cancer Research UK.

Skin cancer prevention



Patient education (all)

- Raising awareness
- Individual risk
- Sun protection

Surveillance (high risk)

Risks and contributing factors

Genetics

- Age
- Family history of skin cancer
- Personal history of skin cancer
- Skin type
- Multiple mole syndrome
- Conditions – eg: xeroderma pigmentosum

Lifestyle

- Outdoor worker
- Holiday in hot countries
- Lived in hot countries
- Sunbeds
- Outdoor hobbies

Medical

- Medication
- Transplant patient
- Light treatment

Relative risk – melanoma

x2

- Blond hair
- Burning severely x10
- Freckles

x5

- >100 moles
- 2+ 1st degree relatives

x3

- Red hair

x9

- Melanoma

x30

- Melanoma and family history

Relative risk – BCC

X 2-3

- Melanoma
- SCC

X 17

- BCC

Skin cancer prevention



Patient education
(all)

- Individual risk
- Sun protection

Surveillance
(high risk)

- Genetic syndromes:
Xeroderma Pigmentosa,
Gorlins Syndrome
- Organ Transplant Patient
- Immunosuppressed

What is our screening process?

CONSULTATION

- Take an accurate history
- Include risk factors

CLINICAL

- FULL skin assessment
- Look for signs of sun damage
- Record any unusual findings – size, colour, location
- When assessing moles, follow the principals of ABCDE
- Biopsy vs ‘watch and wait’

Sun protection – Clothes



UV

Wearable sunscreen -

The UNIQLO UV CUT collection.
Filter ultra violet rays in style.

W UV CUT Full Zip L/S Hoodie [UPF50]

*UPF figure is based on AS/NZS 4399.



Suncream labelling

*** = UVA**
Ratio of UVA/UVB protection

50+SPF = UVB

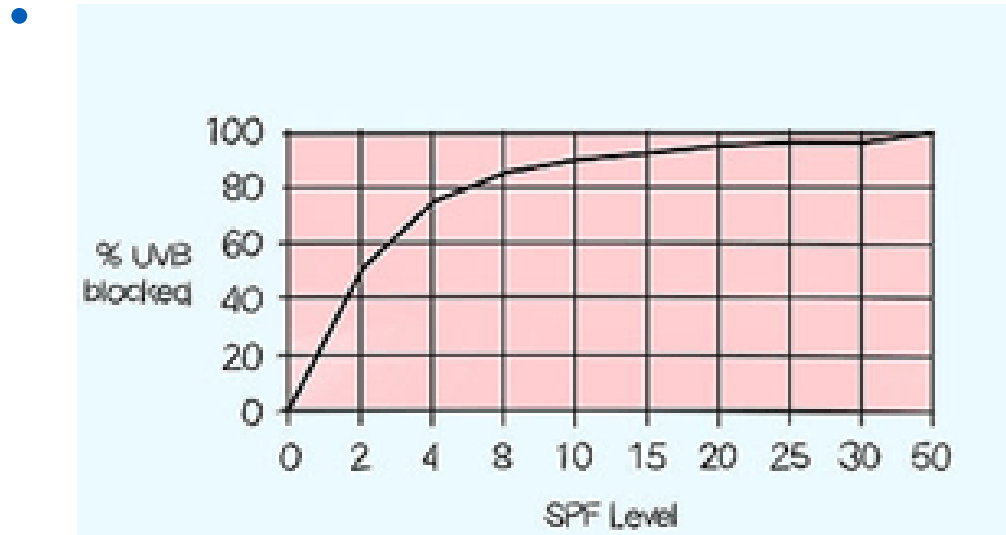


ULTRA



Suncream labelling – UVB

- **SPF 2 = x 2 time**



Standard sunscreen advice

- **Broad-spectrum (UVA,UVB), water resistant**



- **Apply every morning**
- **Repeat every 2 hours,**
 - or after sweating, going in the water

