

PUBLIC REPORTING OF OUTCOMES

2018

SKIN CANCER / MELANOMA PREVENTION AND SCREENING

Skin cancer is the most common form of cancer in the United States. More than two million skin cancers are diagnosed annually (Centers for Disease Control, 2014).

CDC REPORTS (LAST REPORT - 2015):

- 61,061 people in the United States were diagnosed with melanomas of the skin, including 47,105 men and 33,337 women.
- 8,885 people in the United States died from melanomas of the skin, including 5,811 men and 3,074 women.

MINNESOTA STATISTICS:

- 1,946 Minnesota residents were diagnosed with melanoma in 2015.
- 153 Minnesota residents died of melanoma in 2015.
- All 153 deaths were white adults.

FARMING STATISTICS:

Studies have shown that farmers are at increased risk of skin cancer, thought to be due to the increased time they spend outdoors with exposure to the sun. Only 40% of farming men and 65% of farming women were likely to protect their skin when they went outdoors. Eighty to ninety percent knew the changes in the skin that could indicate cancer and required medical follow-up. Despite the fact that 90% of the respondents had a physical examination in the last three years, less than one third reported ever having had their skin examined for cancer. The majority of those who have had a skin exam had the exam for a particular skin problem, and not as part of a routine physical examination. (Kelly, Miller, Ahn, & Haley, 2014)

The Willmar Regional Cancer Center provides oncology care to patients in a large region of rural Minnesota that is economically based in farming and the agricultural industry.

SCREENING:

A screening program provides an opportunity to work with individuals to meet the following objectives:

- Provide valuable skin cancer education to Kandiyohi county and surrounding areas.
- Provide education on skin cancer and ways to help prevent the incidence of skin cancer.
- Provide information on access to Cancer Screening and Cancer Care in the local area.

MELANOMA MONDAY®:

Melanoma Monday® is a national initiative during May for skin cancer awareness month. Since 1994, the American Academy of Dermatology has designated the first Monday in May as Melanoma Monday®.

A free melanoma screening was provided on Monday, May 7, 2018 by ACMC Health's dermatologists. The screening was open to anyone who had not previously been seen in ACMC Dermatology. The screening was completed on 53 participants. The screening is a full body screen and if there are any suspicious spots noted, the patient is scheduled back for a follow-up appointment.

After completion of the screening, 10 follow-up appointments were scheduled which resulted in six negative biopsies and three positive biopsies. One patient chose other follow-up treatment.

EDUCATION AND TIPS:

- Seek the shade, especially between 10AM - 4PM.
- Do not burn.
- Avoid tanning and UV tanning booths.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.

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- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Examine your skin head-to-toe every month.
- See your physician every year for a professional skin exam.
- If you've had skin cancer, you need to continue to see your dermatologist. Once a person gets skin cancer, the risk of getting another skin cancer is higher. Sometimes skin cancer returns. Your dermatologist will tell you how often you should return for checkups.
- If it is caught early and properly treated, skin cancer can be cured. Even melanoma, which can be deadly, has a cure rate of almost 100 percent when treated early. Without early treatment, the outcome is not as favorable. Skin cancer can grow deeply.

WHAT TO LOOK FOR IN A SELF-EXAM:

- New growths, spots, bumps, patches, or sores that don't heal after several weeks
- Flat, firm, pale or yellow areas
- Raised reddish patches that might be itchy
- Small, pink or red, translucent, shiny, pearly bumps, which might have blue, brown, or black areas
- Pink growths with raised edges and a lower area in their center, which might have abnormal blood vessels spreading out from them
- Open sores (which may have oozing or crusted areas) that don't heal, or that heal and then come back
- Rough or scaly red patches, which might crust or bleed
- Raised growths or lumps, sometimes with a lower area in the center
- Wart-like growths
- A new spot on the skin or a spot that's changing in size, shape, or color
- One half of a mole or birthmark does not match the other
- Moles with edges that are irregular, ragged, notched, or blurred
- The spot is larger than 6 millimeters across (about ¼ inch – the size of a pencil eraser), although melanomas can sometimes be smaller than this



Free Melanoma Screening Monday, May 7, 2018 1:30 – 4:00 p.m.

This free screening is available for new patients who have never been seen in ACMC Dermatology

In conjunction with National Melanoma / Skin Cancer Detection and Prevention Month, we are offering a free melanoma screening on Monday, May 7th.



Dr. Leah Schammel



Dr. Julie Schultz



Dr. Cindy Firkins Smith

To schedule your free screening for May 7th call our Dermatology department at (320) 214-6965.

Appointment times are limited.



101 Willmar Avenue SW • Willmar, MN 56201

RESOURCES:

American Cancer Society. (2018). What Should I Look for on a Skin Self-Exam? Retrieved from <https://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection/what-to-look-for.html>

Centers for Disease Control. (2015). Skin Cancer. Retrieved from <http://www.cdc.gov/cancer/skin/>

Kelly, S., Miller, L. E., Ahn, H. Y., & Haley, J. E. (2014). Perceptions and portrayals of skin cancer among cultural subgroups. *ISRN Dermatology*. Doi: 10.1155/2014/325281 Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/24616816>

Minnesota Department of Health. (2018). Minnesota Cancer Facts & Figures 2018. Retrieved from https://data.web.health.state.mn.us/cancer_melanoma