

Oncology News for Patients



....*More than medicine*

MAY 2014

Thomas P. Trezona, M.D., F.A.C.S.
(541) 302-6469

Comprehensive
Cancer Care
Integrating Mind,
Body, and Spirit

Cascade Surgical Oncology, PC provides personalized care to our patients and their families in a healthy and nurturing environment. With compassion, courage, and respect, we honor diversity and celebrate life. Support, hope, listening, laughter and touch all intertwine with our care.

*Find us on Facebook
or follow us on Twitter.*



Throwback Thursday??...How about “Melanoma Monday” and “Don’t Fry-Day”

By Diana M. Seaders, PA-C

“Throwback Thursday;” we’ve come a long way since the 1950s when women would apply baby oil and lay out in the sun for hours to get a “healthy tan.”

Although we are now aware of the increased risk of skin cancer with tanning, there are other key components in the fight against skin cancer and melanoma. May is Skin Cancer Detection and Prevention Month and it encompasses days with similar messages such as Melanoma Monday (May 5th) and Don’t Fry Day (May 23rd).

Our team at Cascade Surgical Oncology would like to provide a friendly reminder that it is crucial to be screened for skin malignancies, as well as perform thorough self-skin exams at home and take other preventa-

tive measures in the name of good health.

No Sun Required!

You may not be aware that melanoma does **not** need sun to occur. Keep in mind

that it can arise anywhere in the body, such as under nails, in between toes, mucous membranes such as lips or genitalia, or even in the eyes.

Use the ABCDE Rule –

Don’t Forget the E

The ABCDE mnemonic is a helpful guide, as it has an extremely high sensitivity and specificity rate when all the criteria are used together. Remember, sometimes a skin lesion may look completely



benign but can be cancerous. We have seen that the *rate of change over time*, more than anything else, is key to identifying a dangerous skin lesion. Sensory symptoms, such as burning or itching, can be red flags as well.

Not Just About Skin

Preventing and screening for melanoma is not just about protecting the skin. Favorite places for melanoma to metastasize are the brain, liver and the lungs. This knowledge may serve as a wake-up call for those who love to sunbathe or use tanning beds.

(Continued on back)





CASCADE
SURGICAL ONCOLOGY, PC

3783 International Court, Suite 200
Springfield, OR 97477

(Cont'd from first page)

Skin Exams at Home

It is imperative to have skin exams performed at the doctor's office, but it is also important to conduct regular self-skin checks at home, especially for those with higher risk factors such as being Caucasian, having light-colored or red hair, a history of sunburns especially early in life, a history of indoor tanning, or those who have a large number of moles. Research shows that at least 25% of melanomas arise from existing nevi (benign lesion). Learning how to do a good skin exam requires some training. Ideally, you should have a partner or friend help to assess the hard to see areas, or use a mirror.

There are resources which can be very helpful for tracking new spots, and monitor existing moles for change. For example, there are many good body maps available on the Internet. The following is a link to a free PDF "DETECT Skin Cancer: Body Mole Map" provided by the American Academy of Dermatology. <http://www.aad.org/File%20Library/Global%20navigation/For%20the%20public/aad-body-mole-map.pdf>

Enjoy the Outdoors, Safely!

It is crucial that you wear high levels of SPF sunscreen and hats when outdoors (and not just during summer). There are even special clothing on the market designed with UPF: Ultraviolet Protection Factor to specifically protect against UV rays. We hope that "Melanoma Monday" and "Don't Fry-Day" spark a productive discussion between you and your physician, with the goal of identifying skin lesions early on or preventing skin cancers altogether.