

Oncological disease of the skin

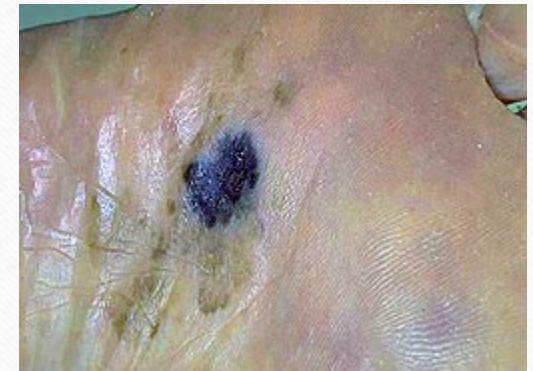
Teaching lesson 7

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Skin cancer

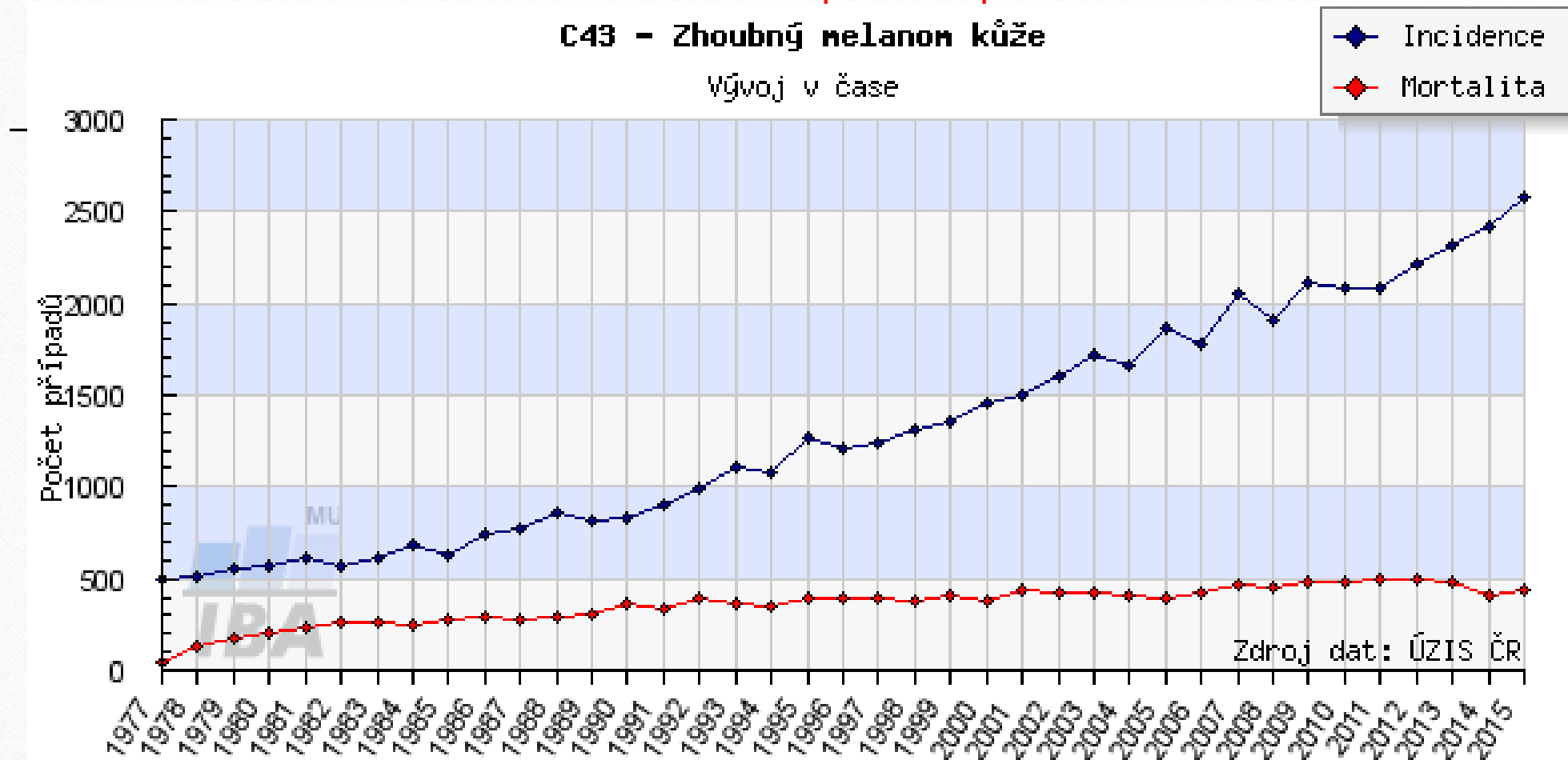
Melanoma = very dangerous type of skin cancer

- Inconspicuous spot
- Extensive metastases at a later stage



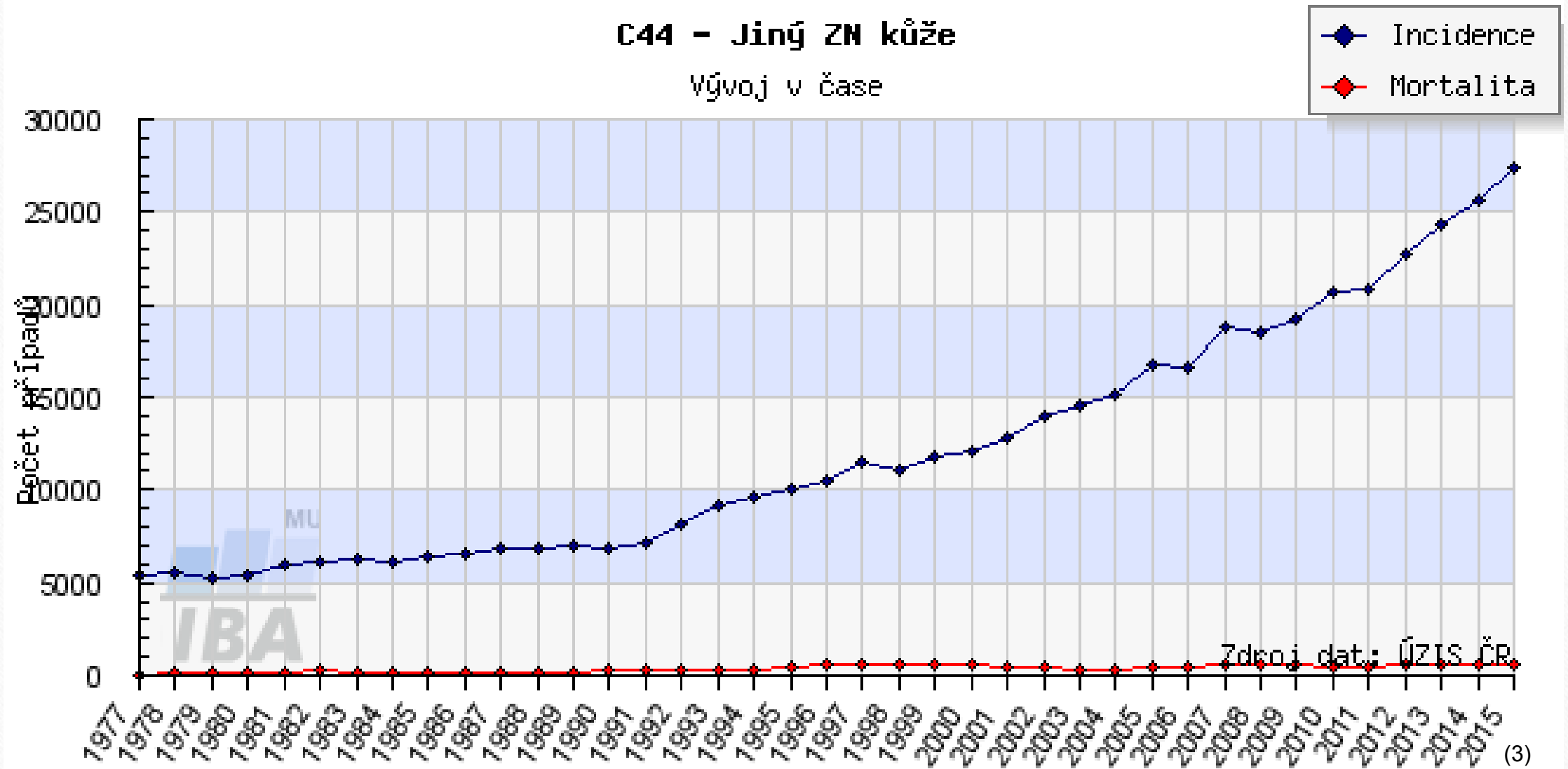
Occurrence of skin cancer

Skin cancer is the most frequent neoplastic disease!



C44 - Jiný ZN kůže

Vývoj v čase



Risk factors

- **Ultraviolet radiation (UV radiation) – comes from sunshine**
- Excessive sunbathing
- Repeated sunbathing
- Excessive sunbathing in childhood
- Absence of sun protection creams
- Persons classified as phototype 1 and 2
- Persons with a large number of birthmarks
- Solaria
- Inheritance

Symptoms

A warning sign should be any change on the skin, mostly this is a change in the birthmark!



Symptoms

- Change in birthmark colour (usually dark colour)
- Spotty appearance
- Change in size, surface spreading of the birthmark
- Irregular edges
- Bleeding or itching birthmark
- The melanoma is a **pigmented spot**, which gradually changes
- **Spots under nails**
- A malignant tumour may resemble a **wart, callus, or bruise**



(5)

Prevention

- Avoid direct exposure to sunshine (between 11 a.m. and 3 p.m.)
- Use of sunscreens with protective factor
- Stay in a shade
- Avoid solariums

- Self-examination of the skin – three times a year

References

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Figures:

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- (2), (3): *Novotvary 2015 ČR* [online]. Praha: Ústav zdravotnických informací a statistik ČR, 2015. [cit. 30/04/2018]. Retrieved from: <http://www.uzis.cz/publikace/novotvary-2015>