



Skin Cancer
Screening
2013 Report



Detecting Skin Cancer Early

Cancer of the skin is by far the most common of all cancers. Melanoma accounts for less than 5 percent of skin cancer cases across the United States, but causes a large majority of skin cancer deaths. At Scripps, melanoma is the second most common tumor site treated after breast cancer. In 2011, 420 cases were diagnosed and treated at Scripps, accounting for 10 percent of all analytic cancer cases.

Rates of melanoma have been rising for at least 30 years, and the American Cancer Society estimates the following statistics for melanoma in the United States in 2013:

- About 76,690 new melanomas will be diagnosed (45,060 in men and 31,630 in women).
- About 9,480 people are expected to die of melanoma (6,280 men and 3,200 women).
- More than 8,500 new cases of melanoma will be diagnosed in California this year.

Unlike many other common cancers, melanoma occurs in both younger and older people. Incidence rates continue to increase with age and are highest among those in their 80s, but melanoma is not uncommon among those younger than 30. In fact, it is one of the more common cancers in young adults, especially young women. Although the incidence of melanoma continues to increase, treatment is almost always curative — if detected early. To that end, Scripps provides preventive skin cancer screenings in order to detect disease early and save lives. In February and June 2013, Scripps' board-certified dermatologists performed free skin screenings at widely attended San Diego events.

Methodology

Skin cancer screening events were advertised on our website, scripps.org, through Scripps social media channels, by the Rancho Bernardo Chamber of Commerce, and on the American Academy of Dermatology website. At the events, participants received a skin survey by a Scripps dermatologist in a private area. This area allowed for partial disrobing of individuals for better visualization of the skin.

Cancer screening activities are provided according to recognized evidence-based national guidelines. Our screenings followed guidelines recommended by the American Cancer Society and National Cancer Institute.

Skin Cancer Screening PDQ from National Cancer Institute

(Updated 3/1/2013)

<http://www.cancer.gov/cancertopics/pdq/screening/skin/HealthProfessional/page2>

“The only widely proposed screening procedure for skin cancer is visual examination of the skin, including both self-examination and clinical examination.”

American Cancer Society

Skin Cancer Screening Guidelines and Information
(Excerpt from Cancer Facts & Figures, 2013, pp 20-21)

“At this time, the best way to detect skin cancer early is to recognize changes in skin growths, including the appearance of new growths. Adults should periodically examine their skin and be aware of any changes. New or unusual lesions or a progressive change in a lesion’s appearance (size, shape, or color, etc.) should be evaluated promptly by a physician. Melanomas often start as small, mole-like growths that increase in size and may change color.

A simple ABCD rule outlines the warning signals of the most common type of melanoma:

- A is for asymmetry (one half of the mole does not match the other half).
- B is for border irregularity (the edges are ragged, notched or blurred).
- C is for color (the pigmentation is not uniform, with variable degrees of tan, brown, or black).
- D is for diameter greater than 6 millimeters (about the size of a pencil eraser).

Other types of melanoma may not have these signs, so be alert for any new or changing skin growths.”

Positive Results and Follow-up

Skin survey results were documented on a triplicate form. One copy was kept for Scripps data collection, the second copy was sent to the American Academy of Dermatology and the third copy was given to the participant. Those individuals who receive health services at Scripps were referred to Scripps Clinic dermatologists for follow-up. Participants who receive health services in other systems were encouraged to bring the skin survey documentation to their primary care physician or dermatologist, as per their health plan requirements. No uninsured patients were screened at these two events. If patients did not have a primary care physician, they were given information on how to obtain an appointment with a Scripps physician.

2013 Skin Cancer Screenings

Sunday, February 10, 2013

Skin Cancer Screening at the Farmers Insurance Open
La Jolla, California

Screenings conducted by David Chu, MD,
Hubert Greenway, MD, Lee Kaplan, MD
and Daniel Zelac, MD

31 people screened

Sunday, June 2, 2013

Skin Cancer Screening at “RB Alive”
Rancho Bernardo, California

Screenings conducted by William Burrows, MD
and Lawrence Wang, MD

40 people screened

Referral Results

Sunday, February 10, 2013

Skin Cancer Screening at the Farmers Insurance Open

14 patients referred to a dermatologist for treatment and/or biopsy

Sunday, June 2, 2013

Skin Cancer Screening at RB Alive

20 patients referred to primary care physician or dermatologists for full exam, treatment, and/or biopsy

For more information about cancer care at Scripps, call **1-800-SCRIPPS** or visit **scripps.org/cancer**.

Scripps Health: A Leader in Cancer Care

Founded in 1924 by philanthropist Ellen Browning Scripps, Scripps Health is a \$2.5 billion nonprofit, integrated health system based in San Diego, California. Scripps treats a half-million patients annually through its five acute-care hospital campuses, home health care services and an ambulatory care network of physician offices and 23 outpatient centers and clinics. Our 2,600 affiliated physicians and 13,500 employees are dedicated to providing high-quality care.

With more than 300 affiliated physicians who provide care to people with cancer, Scripps offers the best possible treatment and leading-edge research trials for individuals by coordinating medical expertise in the areas of clinical cancer care, community outreach and clinical, translational and basic research.

Scripps has long been a leader in providing cancer care in San Diego. It opened the county's first blood and marrow transplantation program in 1980, and during the past 30 years, the program's patient survival rate has doubled. Scripps offers the most comprehensive robotic surgery program in San Diego. And Scripps is the only cancer care provider in San Diego to earn network accreditation from the American College of Surgeons' Commission on Cancer. Scripps will be the second health care system west of the Rockies to offer advanced proton therapy to cancer patients when the center opens for patient care in 2014. Located in Mira Mesa, the center will be the 13th proton therapy facility in the United States.



scripps.org
1-800-SCRIPPS (727-4777)