

## What's this spot, Doc?

The statistics are sobering: 1 in 5 Americans will develop some form of skin cancer in their lifetime. Most skin cancers are caused by ultraviolet radiation and appear on sun-exposed skin. The good news is, most skin cancers are very treatable if diagnosed early, and your dermatologist can help you evaluate any new or changing spots.

Let's go over the three most common types of skin cancer.

**Basal cell carcinoma** - Basal cell is the most common type of skin cancer. It typically presents as a pink pearly bump that can bleed. It can also become a sore that doesn't heal. In some cases, it will look like a flat pink patch of skin. These lesions can grow slowly over time and sometimes become locally destructive. They very rarely ever metastasize, however.

**Squamous cell carcinoma** - Squamous cell is the second type of skin cancer. It can grow more quickly and look like a red scaly bump or patch. It typically arises on chronically sun-exposed skin but occasionally can affect the mouth or genitals. Squamous cell carcinoma can spread to other body organs. Squamous cell can develop from precancerous growths called actinic keratoses. These are subtle pink rough spots that are treated with liquid nitrogen.

**Melanoma** - Melanoma is the least common but most concerning type of skin cancer. Melanoma rates



are on the rise, especially in young adults, partly due to indoor tanning beds. It may come as a new mole or develop from a pre-existing mole. It can spread to lymph nodes and other internal organs, making early detection and treatment important. Risk factors for melanoma include having fair skin, a large number of moles, atypical moles, a family history of melanoma, and a personal history of skin cancer.

Protecting your skin from ultraviolet light can reduce the risk of skin cancer. If you have any spots that are new, changing, or bleeding, it's time to call your friendly and knowledgeable local dermatologist!

*-Andrea Schrieber, M.D.*

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## Updates on Practice:

Dr. Henderson has extended her schedule to Wednesdays and Fridays and is happy to see you if you have any Dermatological needs.

We are always finding ways to improve our practice. We have some new exam tables that you will find convenient and comfortable.

We are adding staff to help with the flow of the practice and meet the needs of all patients. You may meet some new members of our Derm family.

As a reminder, when you call to schedule an appointment, you will speak with someone in our centralized call center. If you want to speak directly to the office, our scheduling staff will gladly connect you to the office.

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## Highly Skilled Physicians | Top Quality Care

Whatever your skin care need, call us today to set up an appointment! Same day appointments are available.

- Pediatric & Adult Dermatology
- Laser Therapy
- Photodynamic Therapy (PDT)
- Skin Cancer
- Removal of Skin Cancer, Warts and Scars
- Phototherapy
- Eczema
- Psoriasis
- Vitiligo

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