

### WHAT IS SKIN CANCER?

Skin cancer is an abnormal growth of skin cells. It is the most common cancer in the United States. Often it develops on areas of the skin exposed to the sun's rays.

### RISK FACTORS

- A lighter natural skin color
- Family history of skin cancer
- Exposure to the sun through work and play
- A history of sunburns, especially early in life
- A history of indoor tanning
- Skin that burns, freckles, reddens easily, or becomes painful in the sun
- Smoking or chewing tobacco

### WARNING SIGNS AND SYMPTOMS

The most common warning sign of skin cancer is a change to your skin. This could be a new growth, a sore that doesn't heal, or a change in a mole. The most common change is something growing on your skin.

### PREVENTION

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim to shade your face, head, ears, and neck.
- Wear sunglasses that wrap around and block both UVA and UVB rays.
- Use sunscreen with sun protection factor (SPF) 15 or higher, and both UVA and UVB protection. Apply sunscreen 20 minutes before going out into the sun.
- Avoid indoor tanning.



### DIAGNOSIS

To diagnose skin cancer, a dermatologist looks at the skin carefully to see whether there are growths, moles, and dry patches. If a dermatologist finds something that looks like skin cancer, they will perform a biopsy.

### TREATMENT

There are many treatments for skin cancer such as surgical and non-surgical treatments. A dermatologist selects treatment based on the following:

- Type of skin cancer.
- Where the skin cancer appears on the body.
- Whether the skin cancer is aggressive.
- Stage of the cancer.
- Patient's health.

Consult with your doctor or dermatologist to discuss about best treatment plan for you.

#### Sources:

- American Academy of Dermatology
- Centers for Disease Control and Prevention
- U.S. Environment Protection Agency

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。  
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.  
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### 什麼是皮膚癌?

皮膚癌是指不正常生長的皮膚細胞。皮膚癌是美國最常見的癌症。皮膚癌通常在經常受到陽光照射的皮膚上發生。

### 風險因素

- 自然膚色較淺
- 皮膚癌的家族史
- 工作或娛樂時經常受到陽光照射
- 有曬傷的歷史，特別是小時候曾經曬傷
- 曾經使用室內曬黑裝置
- 容易曬傷、產生雀斑、變紅的皮膚，或在陽光下變得疼痛的皮膚
- 吸煙或咀嚼煙草

### 預兆和症狀

皮膚癌最常見的預兆是皮膚的改變。這可以是皮膚增生，不愈合的傷口，或痣的改變。最常見的改變是皮膚增生。

### 預防

- 留在遮蔭處，尤其是中午的時候。
- 穿能遮擋手臂和腿部的衣服。
- 戴寬邊的帽子遮擋臉部、頭部、耳朵和頸部。
- 戴可遮擋眼部兩側及可以阻擋 UVA 和 UVB 紫外線的太陽眼鏡。
- 使用防曬指數(SPF)15 或以上，同時可以阻擋 UVA 和 UVB 紫外線的防曬霜。外出曬太陽前 20 分鐘塗上防曬霜。
- 避免使用室內曬黑裝置。



### 診斷

爲了診斷皮膚癌，皮膚科醫生會仔細地觀察你身上是否有皮膚增生、痣、和干斑。如果皮膚科醫生發現疑似皮膚癌的東西，他們會進行活檢。

### 治療

皮膚癌的治療方法有很多種，例如手術和非手術治療。皮膚科醫生會根據以下情況來選擇治療方案：

- 皮膚癌的種類。
- 出現在身體的哪個部位。
- 皮膚癌是否惡性。
- 癌症所處的階段。
- 病人的健康。

諮詢你的醫生或皮膚科醫生討論最適合你的治療方案。

資料來源：

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