

2017 Public Outcomes Report: Skin Cancer Screening Event

This report covers activities for the Virginia Piper Cancer Institute – Mercy Hospital and the Virginia Piper Cancer Institute – Mercy Hospital – Unity Campus.

BACKGROUND

According to the American Cancer Society's (ACS) Cancer Facts and Figures of 2017, skin cancer is the most commonly diagnosed cancer in the United States. However, the actual number of the most common types – basal cell and squamous cell skin cancer (i.e., keratinocyte carcinoma or KC), also referred to as non-melanoma skin cancer – is very difficult to estimate because these cases are not required to be reported to cancer registries. The most recent study of KC occurrence estimated that in 2012, 5.4 million cases were diagnosed among 3.3 million people (many people are diagnosed with more than one KC). Invasive melanoma accounts for only about 1 percent of all skin cancer cases, but the vast majority of skin cancer deaths. An estimated 87,110 new cases of melanoma will be diagnosed in the United States in 2017. The five-year survival rate for people diagnosed with melanoma has increased from 82 percent in 1975-1977 to 93 percent in 2006-2012. Some of this improvement can be attributed to prevention efforts and screening for early detection.

Minnesota is expected to have 1,330 new cases of melanoma diagnosed in 2017. Across the United States, an estimated 9,730 deaths from melanoma will occur in 2017.

SIGNS AND SYMPTOMS

Per the ACS, warning signs of all skin cancers include:

- changes in the size, shape or color of a mole or other skin lesion
- the appearance of a new growth on the skin
- a sore that doesn't heal.

Changes that progress over a month or more should be evaluated by a health care provider. Basal cell carcinoma may appear as a growth that is flat or as a small, raised

pink or red translucent, shiny area that may bleed following minor injury. Squamous cell carcinoma may appear as a growing lump, often with a rough surface, or as a flat, reddish patch that grows slowly.

EARLY DETECTION

Any new lesions or a progressive change in a lesion's appearance (size, shape or color, etc.) should be evaluated promptly by a physician. The ABCDE rule outlines warning signs 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).
- **E** is for evaluation, meaning a change in the mole's appearance over time.

Not all melanomas have these signs, so be alert for any new or changing skin growths or spots.

PREVENTION

The National Council on Skin Cancer Prevention gives the following skin cancer prevention tips:

- Do not burn or tan.
- Seek shade and wear protective clothing.
- Use sunscreen.
- Use extra caution near water, snow and sand when you're in the sun.

(continued on back)

Information above was provided by ACS's publication, Cancer Facts and Figures 2017, located at <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2017/cancer-facts-and-figures-2017.pdf>

COMMISSION ON CANCER PERFORMANCE MEASURES

The American College of Surgeons Commission on Cancer (CoC) Standard 1.12 requires an annual report of patients or program outcomes be developed and disseminated by the Mercy Hospital Cancer Committee.

Performance and outcomes data are evaluated annually by the Mercy Hospital Cancer Committee and clinical service line leadership team. The data for this report were generated by the Mercy Hospital Virginia Piper Cancer Institute for 2017.

2017 PUBLIC OUTCOME REPORT

The Virginia Piper Cancer Institute on both Mercy Hospital campuses was proud to partner with the ACS, Minnesota Oncology, Associated Skin Care Specialists and the American Academy of Dermatology to provide a free screening skin screening event for members of our community and increase awareness about the importance of screening and early detection for best survival outcomes. On Nov. 8, 2017, a designated event was held at the Virginia Piper Cancer Institute – Mercy Hospital in which 42 people received a free skin cancer screening exam by a licensed dermatologist or medical oncologist. Of the 42 participants, nine were referred for biopsy and/or additional follow-up care. In looking at one of the skin cancer risk factors, 27 of the 42 participants noted a significant history of tanning bed use.

Findings included:

- Seborrheic keratosis (SK) = 14
- Actinic keratosis (AK) = 7
- Basal cell carcinoma (BCC) = 3
- Squamous cell carcinoma (SCC) = 0
- Dysplastic nevus = 5
- Congenital nevus = 1
- Melanoma = 0
- Mole / nevus = 2
- No significant findings = 6
- *Other = 8

(* trauma, cherry angioma, lentigo, dermatofibroma, syringomas, milia, dilated pore – benign)

Two representatives from the ACS were present at the screening event and available to provide information and referral to the many services offered to community members through ACS. All participants were given a folder of take-home materials that highlighted skin cancer prevention efforts, melanoma, healthy skin care, etc. Additionally, the current Mrs. Minnesota, Heather Johnson, was present during the entire event as she is a melanoma survivor and fierce advocate for early detection and screening efforts. The Virginia Piper Cancer Institute's cancer care coordinator for melanoma, who is a registered nurse, provided demonstrations for all participants on how to complete skin self-exams.



Participant surveys showed that 25 of the 42 patients (approximately 60 percent) stated they would not have seen a doctor for a skin cancer check if this skin screening had not been available. Due to the incredible success and positive impact of this free community skin cancer screening, continued efforts will be made in the years to come to accommodate the needs of our community members to assure they are receiving the right care, at the right time, to promote early detection and optimal health in our community.