

2019 Public Outcomes Report: Skin Cancer Screening Event

BACKGROUND

According to the American Cancer Society's Cancer Facts and Figures of 2019, 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 nonmelanoma 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% of all skin cancer cases, but the vast majority of skin cancer deaths. An estimated 104,350 new cases of melanoma will be diagnosed in the US in 2019. The 5 year survival rate for people diagnosed with melanoma has increased from 82% in 1975-1977 to 93% in 2006-2012, and some of this improvement can be attributed to prevention efforts and screening for early detection.

Minnesota is expected to have 1,640 new cases of melanoma diagnosed in 2019. Across the United States, an estimated 7,230 deaths from melanoma will occur in 2019.

SIGNS AND SYMPTOMS

Per the American Cancer Society, 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, or 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.

Information above was provided by American Cancer Society's publication entitled: Cancer Facts and Figures 2019, located at <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/annual-cancer-facts-and-figures/2019/cancer-facts-and-figures-2019.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 Commission on Cancer Committee.

Performance and outcomes data are evaluated annually by the Unity/Mercy Hospital's Cancer Committee and clinical service line leadership team. The data for this report is generated by the Virginia Piper Cancer Institute - Mercy Hospital and Unity Campus for 2019.

2019 PUBLIC OUTCOME REPORT

The Virginia Piper Cancer Institute for Mercy Hospital and Unity Campus was proud to partner with the American Cancer Society, Associated Skin Care Specialists, and the American Academy of Dermatology to provide a free screening skin screening event for members of our community and to help increase awareness around the importance of screening and early detection for best survival outcomes. On November 6, 2019, a designated event was held at the Virginia Piper Cancer Institute - Mercy in which 37 people received a free full body skin cancer screening exam by a licensed dermatologist. Of the 37 participants, 10 were referred for biopsy and/or additional follow up care. In looking at one of the skin cancer risk factors, 27 of the 37 participants stated they had never been to a dermatologist or had a skin screening in the past.

Findings included:

1. Seborrheic Keratosis (SK) = 9
2. Actinic Keratosis (AK) = 5
3. Basal Cell Carcinoma (BCC) = 4
4. Squamous Cell Carcinoma (SCC) = 0
5. Dysplastic nevus = 2
6. Congenital nevus = 1
7. Melanoma = 1
8. Mole / nevus = 12
9. No significant findings = 0
10. *Other = 5

(* picker's bump, skin tag, dermatofibroma, vitiligo, recurrent nevus).

A representative from the American Cancer Society was 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 the opportunity to receive materials that highlighted skin cancer prevention efforts, melanoma, healthy skin care, etc. Participant surveys showed that 32 of the 37 patients (approximately 86%) stated they would make changes in their skin care as a result of attending this skin screening.

The oncology social worker for Mercy VPCI followed up with one of the skin screening participants (who happened to be a registered nurse) a few weeks after the event and heard the following review, "Following the skin screening event I went on to have two biopsies, each of which was a basal cell carcinoma. Thank you skin screening! I would not have gone in to have either of them checked out as they didn't appear worrisome to me."

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.