

# 2017 Public Outcomes Report

## COMMISSION ON CANCER PERFORMANCE MEASURES

Skin cancer is the most common cancer in the United States. Anyone can get skin cancer, regardless of skin color and it is estimated that one in five Americans will develop skin cancer in their lifetime. According to the American Cancer Society, more skin cancers are diagnosed in the US each year than all other cancers combined. There are several different types of skin cancer, melanoma being the most serious kind.

Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Most of this exposure comes from the sun, but some may come from man-made sources, such as indoor tanning beds and sun lamps. According to the MN Department of Health, since 1988 the incidence rates of melanoma have doubled in Minnesota for both males and females. Melanoma has been identified as one of the most rapidly increasing cancers among men and women. In 2014, a new law was enacted in Minnesota that prohibits people under age 18 from using UV-light tanning devices. UV light exposure is the leading cause of melanoma, along with sunburn, skin type and family history.

## RISK FACTORS

It's important to know about the risk factors for melanoma because there may be things you can do to lower your risk. Some of the risk factors include:

- ultraviolet (UV) light exposure
- moles
- freckling, fair skin and light hair
- family history of melanoma
- personal history of melanoma or other skin cancers
- having a weakened immune system.

The good news is, when caught early, skin cancer is highly treatable. Research shows catching melanoma in its earliest stages is one of the most important factors in improving the outcomes of a melanoma diagnosis and can often be treated with simple surgery. In its later stages, when it spreads to other body organs, melanoma can be deadly. There are several things you can do to protect yourself from UV rays, and increase your chance of catching melanoma early by carefully examining your skin once a month and visiting a dermatologist once a year.

## SCREENING TIPS

Skin cancer can be detected early by following the Academy of Dermatology's recommended tips for checking your skin.

- Examine your body front and back in the mirror, then look at the right and left sides with your arms raised. Bend elbows and look carefully at forearms, underarms, and palms.
- Look at the backs of your legs and feet, the spaces between your toes, and the soles of your feet.
- Examine the back of your neck and scalp with a hand mirror. Part hair for a closer look.
- Check your back and buttocks with a hand mirror.

In 2016, there were 374 cases of melanoma diagnosed and treated at Abbott Northwestern Hospital, making it the second highest incident rate of cancer at Abbott Northwestern. Because of this, and the growing numbers of those diagnosed with melanoma in Minnesota, the Abbott Northwestern Hospital Cancer Committee discussed at their June 2017 meeting that this year's screening initiative would be focused on skin cancer.

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## SKIN CANCER SCREENING EVENT

The Virginia Piper Cancer Institute – Abbott Northwestern Hospital, part of Allina Health, partnered with two of the system’s primary care dermatology providers to offer a free skin cancer screening event on Friday, Sept. 15, 2017 at Abbott Northwestern – WestHealth. There were 27 participants and each had a full-body skin check with a dermatology provider. They also had the opportunity before or after their screening to meet with a melanoma cancer care coordinator, who is a registered nurse, and an oncology surgeon to discuss melanoma risk factors, how it is treated if found and screening guidelines. Participants were also provided with a resource guide for how to spot melanoma, at-home self-screening tips and other educational material and community resources. Participants were given a copy of their screening form that was completed by the provider, including recommendations for any follow up.

### Screening participant results

Total number of participants screened	27
Total number of participants recommended for a full dermatology consultation	8
Total number of participants recommended for dermatology consultation and biopsy	6

The Virginia Piper Cancer Institute Research Program at Abbott Northwestern Hospital offers several different clinical trials for melanoma patients. In 2016, 27 patients with metastatic melanoma were enrolled in a clinical trial and as of November 2017, 22 patients were enrolled. The Institute is also in the process of establishing a Melanoma Program at Abbott Northwestern.



## DETECT Skin Cancer: Body Mole Map

Follow these instructions regularly for a thorough skin-exam: **1.** Learn what to look for **2.** Examine your skin **3.** Record your spots and remember if you notice any change, contact your dermatologist to make an appointment. If you don't have one, visit [aad.org](http://aad.org) to find one in your area.

### 1 The ABCDEs of Melanoma

What to Look for:

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:

**A** **ASYMMETRY** One half unlike the other half.

**B** **BORDER** Irregular, scalloped or poorly defined border.

**C** **COLOR** Varied from one area to another; shades of tan and brown, black, sometimes white, red or blue.

**D** **DIAMETER** While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller. See ruler below for a guide.

**E** **EVOLVING** A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

Example: 

### 2 Skin Cancer Self-Examination

How to Check Your Spots:

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your skin. Ask someone for help when checking your skin, especially in hard to see places.



**1** Examine body front and back in mirror, especially legs.



**2** Bend elbows, look carefully at forearms, back of upper arms, and palms.



**3** Look at feet, spaces between toes and soles.



**4** Examine back of neck and scalp with a hand mirror. Part hair and lift.



**5** Finally, check back and buttocks with a hand mirror.

### 3 Record Your Spots

Make notes of your spots on the images below so you can regularly track changes.



MOLE #	A Asymmetrical? Shape of Mole	B Type of Border?	C Color of mole	D Diameter/Size of Mole. Use ruler provided.	E How has mole changed?
1	OVAL, EVEN	JAGGED	PINK	1.5MM	YES, LARGER



Name: \_\_\_\_\_ Date: \_\_\_\_\_ © 2017 American Academy of Dermatology