

HOW TO PREVENT MY WORK FROM CAUSING ME TO GET SKIN CANCER

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Skin Cancer

Non Melanoma ~ 800,000 people/year in the United States with 2,100 deaths

- Basal Cell - 75%
- Squamous Cell - 25%

Risk Factors

Cumulative exposure to ultraviolet radiation
 Fair skin
 Chemicals - arsenic, tar
 Ionizing radiation

Common Location

Head
 Neck
 Back of hands

Primary prevention

Sun screen lotion with SPF (Sun Protective Factor) ≥ 15
 Hat - need to cover ears and back of neck
 (baseball caps don't cover either)
 Long sleeve shirts/pants
 Stay in shade when possible
 Limit mid-day sun exposure

Secondary Prevention

Early diagnosis - surgical removal

Melanoma ~ 34,000 people/year with 7,200 death in the United States

Incidence in 1935 was 1/1500 persons now it is 1/135 persons

Risk Factors

Exposure to ultraviolet radiation - brief intense exposure may contribute
 Fair skin

Observations not consistent with ultraviolet radiation being the sole cause of melanoma

- Increase in incidence of melanoma is not consistent across geographic areas with increasing sunlight
- Melanoma more common in college educated urban workers than outdoor blue collar workers
- Most melanoma occurs in relatively young persons
- Some melanomas occur in relatively unexposed areas such as sole of feet or palms of hands

Primary Prevention

Protect skin from ultraviolet radiation
 (see under non-melanoma cancer)

Secondary Prevention

Early diagnosis, watch for changes in moles - surgical removal