

# *Prevention and Early Detection of Cutaneous Malignancies*

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University of Illinois College of Medicine  
at Rockford

RMED Project—Sycamore, Illinois

# ABSTRACT

**Title:** Prevention and early detection of cutaneous malignancies.

**Purpose:** To increase awareness of the prevalence of skin cancer and appropriate practices for its prevention and detection. To determine if individual counseling or group presentation elicits greater degrees of lifestyle modification.

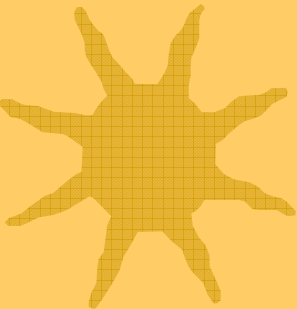
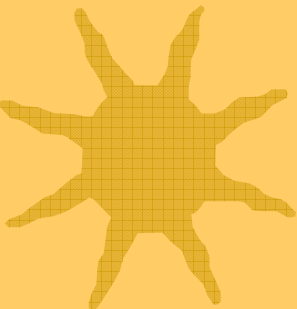
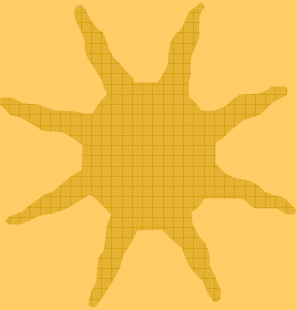
**Methods:** Participants will be recruited from Dr. Thornton's office during both acute and routine visits. Participants will be given an introductory survey in attempts to assess their current practices and level of knowledge regarding skin cancer prevention and detection. During this initial visit, patients will be educated about skin cancer prevention and how to recognize potentially malignant skin lesions. Prevention topics to be addressed include: avoiding excessive sun exposure, wearing protective clothing, importance of utilizing sunscreen (esp  $SPF \geq 15$ ), and prevention of sunburns. Detection topics will include: how to apply the ABCDs of melanoma, how to recognize common pre-malignant lesions, and the importance of swift self-referral to physicians for suspicious lesions. At the conclusion of the program, an exit survey similar to the initial survey will be administered in efforts to determine any changes in lifestyle or level of knowledge regarding skin cancer prevention and detection. A second group of participants will be enrolled at a community presentation regarding skin cancer. The participants will receive the introductory survey as described above, as well as the follow-up survey mailed approximately one month later.

**Expected Outcomes:** Increased practices of appropriate skin cancer prevention. Increased participant awareness of potential pre-malignant cutaneous lesions. This heightened awareness may ultimately lead to further discussions with primary care providers regarding skin lesions and improved detection of skin cancers. The long-term benefits of this study are beyond the scope of this project, but may include decreased incidence and earlier detection of skin cancers.



# *Prevalence of Skin Cancer*

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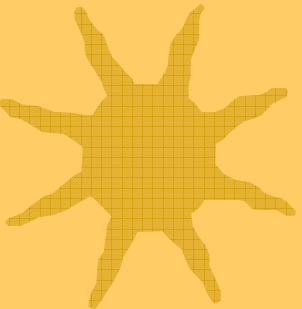
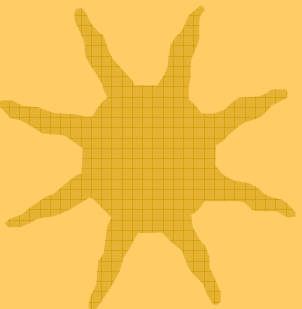
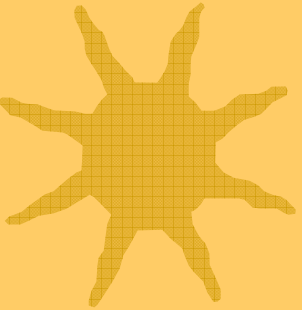
- ★ Most common form of cancer (nearly half of all new cancers are skin cancers)
- ★ More than a million cases diagnosed in 2003
- ★ 80% basal cell carcinoma, 16% squamous cell carcinoma, 4% melanoma
- ★ 45-50% Americans who live to 65 will have skin cancer
- ★ Estimated 9,800 people will die of skin cancer this year
- ★ Largely preventable...
- ★ ...and curable if caught early

\*Source: American Cancer Society's 2003 Facts & Figures



# *Purpose*

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- ★ Increase awareness of the prevalence of skin cancer and appropriate practices for its prevention and detection.
- ★ Determine if individual counseling or group presentation elicits greater degrees of lifestyle modification.



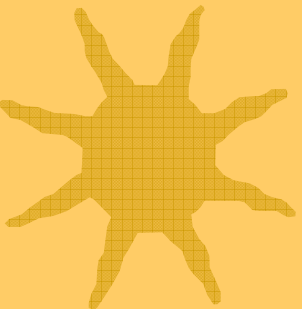
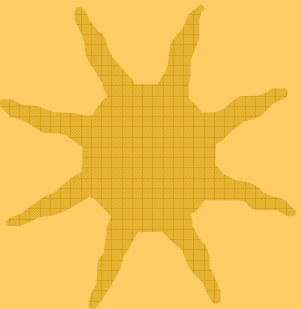
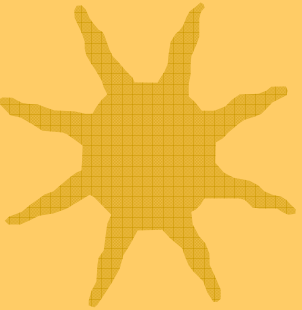
# Methods

## ★ Outpatient Group

- Recruited during acute and routine visits to Dr. Thornton's office
- Introductory surveys administered to assess baseline knowledge and current practices for skin cancer prevention and detection
- One-on-one patient education regarding skin cancer prevention and detection
- Follow-up survey one month after educational event

## ★ Community Group

- Community talk at local hospital, free of charge, advertised in local media
- Introductory surveys administered to assess baseline knowledge and current practices for skin cancer prevention and detection
- Group presentation providing education regarding skin cancer prevention and detection
- Follow-up survey one month after presentation

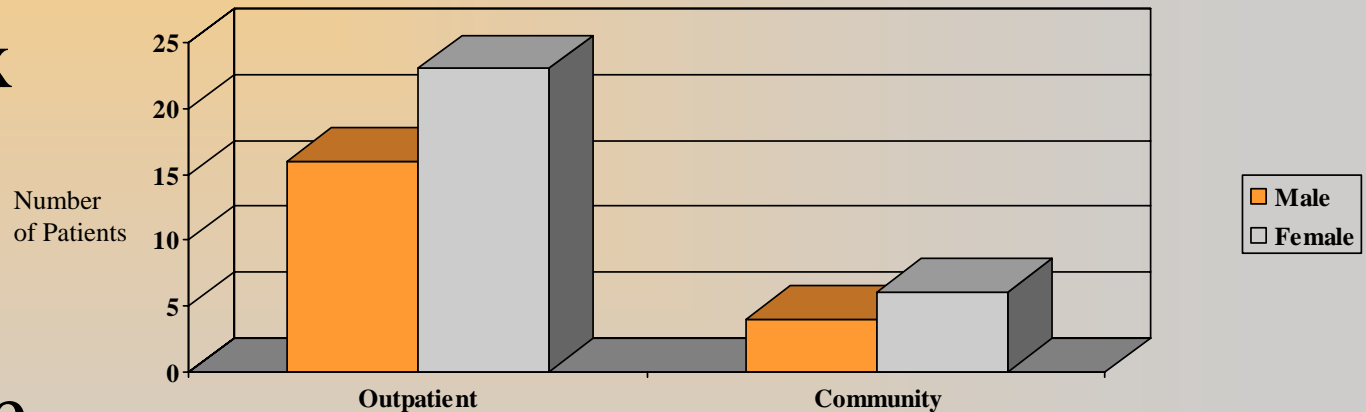




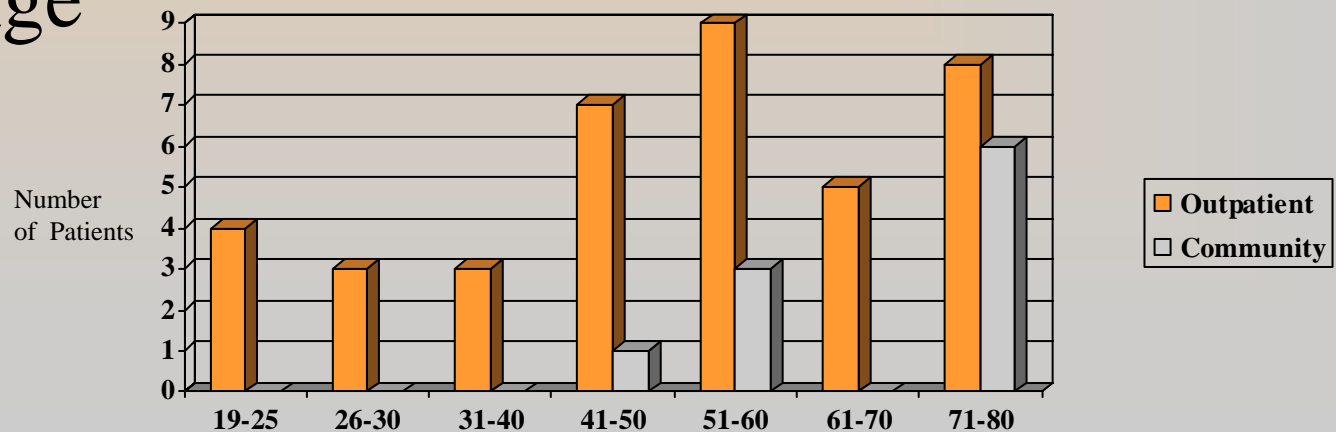
# Patient Demographics

★ 49 patients completed initial survey: 39 outpatient, 10 community

★ Sex



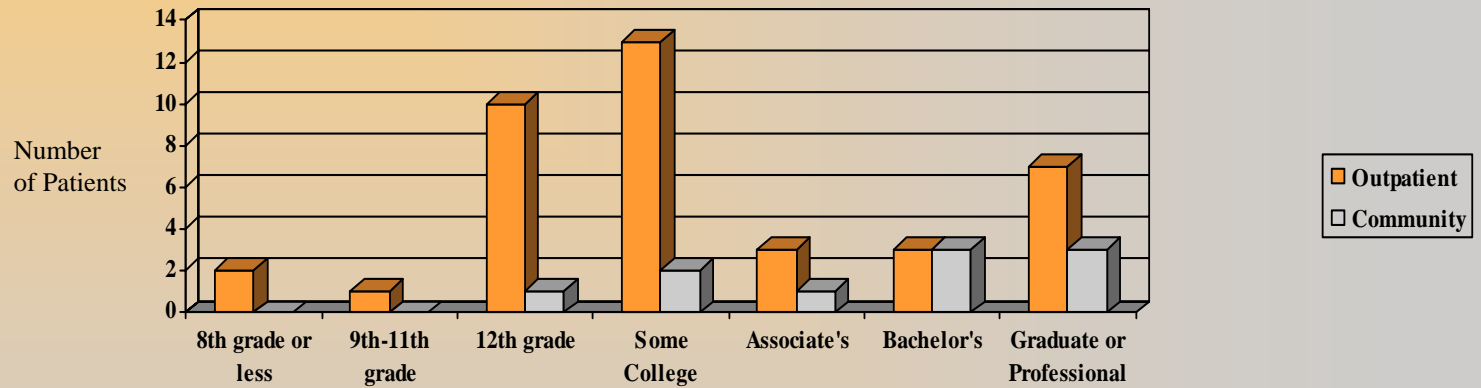
★ Age





# Demographics

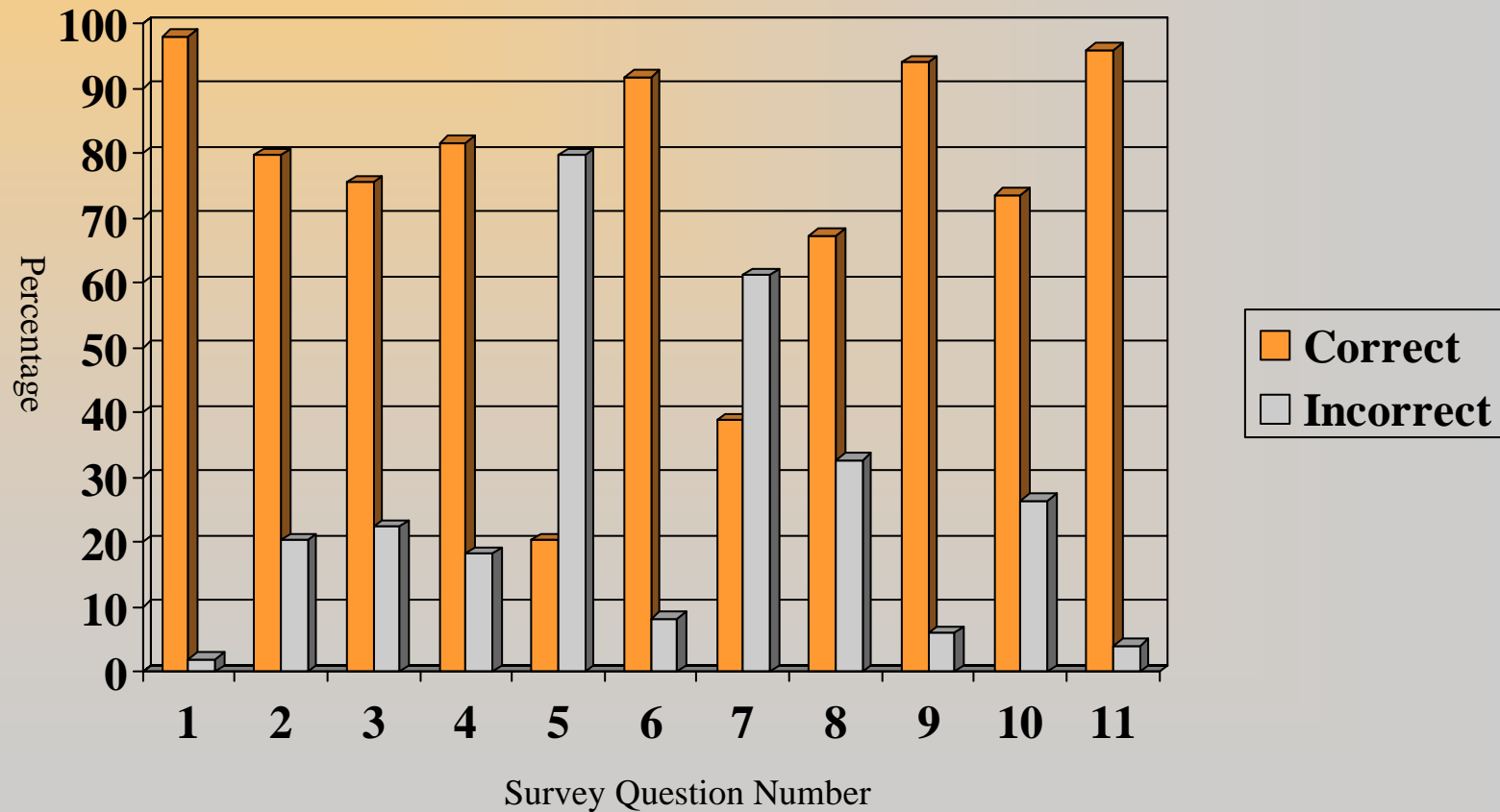
## ★ Level of Education





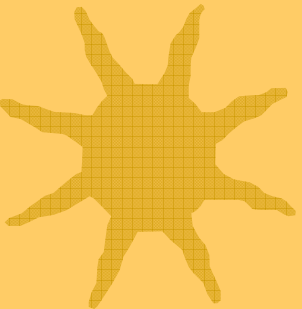
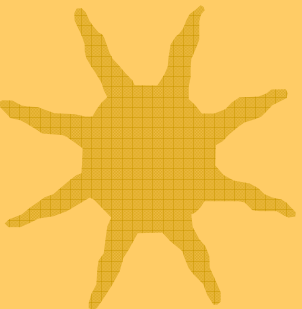
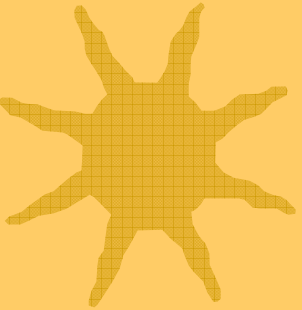
# Results—Initial Survey Data

## ★ Knowledge Assessment





# Results Continued



## ★ Sunscreen use

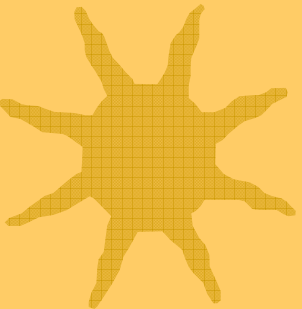
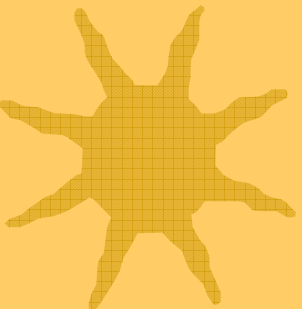
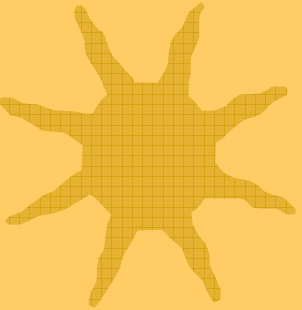
- 14.3%--Always
- 8.2%--Everyday in summer
- 28.6%--When out in sun for more than one hour
- 26.5%--Occasionally, sporadic
- 20.4%--Never
- 2%--No response

## ★ Sunscreen use by their children (22/49 eligible)

- 0%--Always
- 22.7%--Everyday in summer
- 45.5%--When out in sun for more than one hour
- 22.7%--Occasionally, sporadic
- 9.1%--Never



# Results Continued



## ★ SPF Use

- SPF 4-6—4.1%
- SPF 6-8—8.2%
- SPF 8-15—22.4%
- SPF 15+—49%
- No response—16.3%

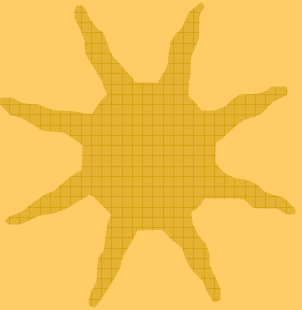
## ★ Sun Protective Behaviors

- Hats—69.4%
- Clothes/long sleeves—34.7%
- Sunglasses-10.2%
- Stay out of sun—4.1%
- Umbrellas—2%



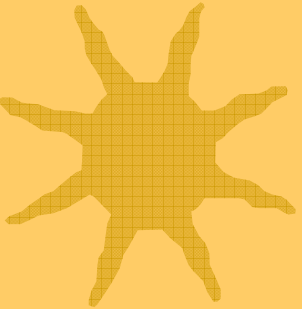
## *Results Continued*

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★ 75.5% had never talked with doctor about skin cancer

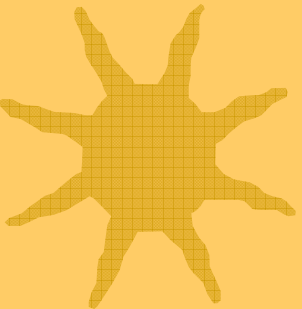
★ 12.2% with previous skin cancer (5 BCC, 1 malignant melanoma)



★ 22.4% had heard of the ABCDs of moles and melanoma, but only two were able to recall all four

★ 71.4% with history of blistering sunburns

★ 69.4% do not perform skin self-examinations

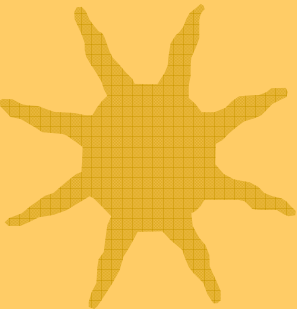
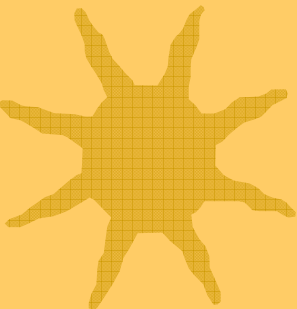
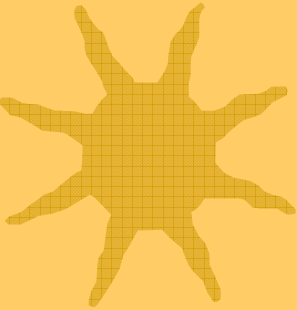


★ 81.6% do not use tanning salons



# *Discussion*

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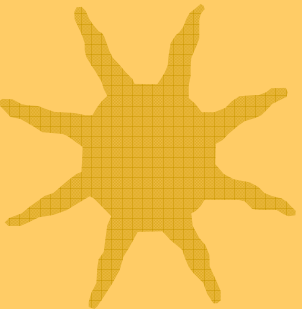
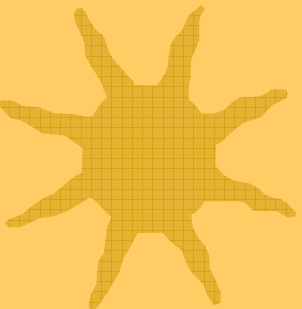
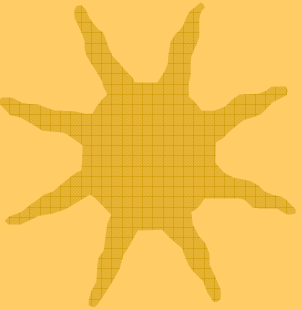


- ★ 59% have completed final surveys at this point
- ★ After all surveys returned, will assess for lifestyle modifications and any increase in knowledge regarding skin cancer prevention and detection
- ★ Preliminary data suggests increased knowledge regarding skin cancer prevention and detection
- ★ Preliminary data suggest greatest degree of lifestyle change in regards to frequency of skin self-examinations
- ★ When comparing outpatient and community participant data, we do realize community group members likely more motivated as took initiative to attend presentation



# *Discussion*

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- ★ Skin cancer is easily preventable and treatable if detected early
- ★ Sampled population in DeKalb County had many misconceptions regarding appropriate skin cancer prevention and detection practices
- ★ Sampled population at high risk for malignancies with large percentage having history of blistering sunburns
- ★ Rural communities are likely to benefit from skin cancer education from their primary care physicians as well as community discussions/presentations



## *Future directions...*

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### ★ Participants suggested the following:

- Community presentations to various groups (men's, women's, church, etc.)
- Increased media coverage on the topic (radio and television broadcasts as well as newspaper articles)
- Increased education of youth

