

15th World Conference on Cosmetic Dermatology & Skin Diseases

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Skin Cancer

Three types of skin cancer account for about 95 percent of all skin cancers that occur: melanoma, squamous cell carcinoma and basal cell carcinoma. Basal cell and squamous cell carcinomas are sometimes called “non-melanoma” skin cancers. Non-melanoma skin cancer is the most common type of cancer that affects humans. There are generally more than 1,000,000 cases diagnosed and treated in the United States alone. This exceeds the number of all other cancers combined. There are two main forms of non-melanoma skin cancer: basal cell carcinoma (BCC), squamous cell carcinoma (SCC). Both types of cancer appear to be related to sun exposure. BCC outnumbers SCC by a ratio of 3 or 4 to 1, and develops most commonly as a waxy spot that may crust and bleed when bumped. It tends to grow very slowly, over months to years, and although potentially quite disfiguring and locally invasive, BCC rarely spreads (metastasizes) to other parts of the body. SCC often looks like a mound of tissue or wounded skin that just "won't heal". Although not as dangerous as melanoma or many forms of internal cancer, SCC will occasionally spread to the local lymph glands and on to the rest of the body, and cause death in addition to local impairment. Thus, both types of non-melanoma cancer need to be treated promptly once diagnosed. Most cases of non-melanoma skin cancer do not require the expertise of multidisciplinary care; however, there are a number of uncommon and even rare types of skin cancer that do benefit from our multidisciplinary approach to diagnosis at Risk Factors. How can we protect me from Developing Skin Cancer? The best protection from skin cancer is to avoid the harmful ultraviolet rays of the sun. Even if you get tan easily, the sun can contribute to skin cancer. Minimize your exposure by:

Wearing a broad brimmed hat and sun protective clothing whenever possible. Avoiding sun exposure during midday hours (10 a.m. to 2 p.m.) Do not stay outdoors unprotected on cloudy days since the ultraviolet light penetrates easily through the clouds. Using a sunscreen protection with (SPF-20) on all exposed skin surfaces any time in the sun. If you follow this advice, it may not be necessary to restrict your outdoor activities or change your lifestyle.

Biography

Asad Ullah has completed D.H.M.S, R.H.M.P in year 2005 from Muhammadi Homeo College & hospital Karachi Pakistan. He is in- charge and owner of his own hospital & practicing as a physician from since 2005. He is having vast experience in chronic diseases.

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