**Disease Name –**

Skin Cancer

**Medical history related to** **Skin Cancer–**

History of excessive sun exposure or indoor tanning. Previous diagnosis of skin cancer or precancerous skin lesions. Family history of skin cancer. History of severe sunburns, particularly during childhood or adolescence. Immunocompromised status, such as organ transplant recipients or individuals with HIV/AIDS.

**Symptoms of Skin Cancer–**

Symptom 1- Changes in the Appearance of Moles or Existing Skin Lesions: Skin cancer often presents with alterations in moles or existing skin lesions. These changes follow the ABCDE criteria: asymmetry, irregular borders, variation in color, diameter greater than 6mm, and evolution over time. The affected area may exhibit asymmetry, where one half differs from the other half. Additionally, irregular borders, uneven coloring, and a diameter exceeding 6mm may be observed. Over time, the mole may evolve in size, shape, or color.

Symptom 2- Development of New Skin Growths or Sores: Skin cancer may manifest as the appearance of fresh skin growths or sores that persist without healing within a few weeks. These growths may be raised, firm, and may bleed or ooze. They may also possess a pearly or translucent appearance, particularly indicative of basal cell carcinoma.

Symptom 3- Persistent Itching, Tenderness, or Pain: Skin cancer lesions can cause enduring symptoms such as continuous itching or burning sensation in a specific skin area. Additionally, persistent tenderness or pain in a mole or skin lesion, especially upon touch or irritation, may occur.

Symptom 4- Changes in Sensation: Skin cancer can induce alterations in sensation within the affected skin area, leading to tingling or numbness sensations in the surrounding skin. Enhanced sensitivity to touch or pressure may also be observed.

Symptom 5- Bleeding, Oozing, or Crusting: Advanced skin cancers may demonstrate bleeding or oozing from a mole or skin lesion, especially with minor trauma. Formation of scabs or crusts over persistent sores or lesions may also occur. Persistent ulceration or erosion of the skin, indicating invasive growth of cancerous cells, may be observed as well.

**Description of Skin Cancer –**

Skin cancer is a condition characterized by the abnormal growth of skin cells, typically resulting from damage caused by ultraviolet (UV) radiation from the sun or indoor tanning beds. There are several types of skin cancer, including basal cell carcinoma, squamous cell carcinoma, and melanoma. Basal cell carcinoma and squamous cell carcinoma are the most common types, often appearing as changes in the skin's surface, such as open sores, red patches, or shiny bumps. Melanoma, while less common, is the most aggressive form and may present as a new mole or changes in an existing mole. Early detection and treatment are crucial for successful outcomes in skin cancer cases.

**Causes of** **Skin Cancer–**

Cause 1 - Ultraviolet (UV) Radiation Exposure: Direct exposure to UV radiation from the sun is the primary cause of skin cancer. UV radiation damages the DNA of skin cells, leading to mutations that promote the development of cancerous lesions. Indoor tanning beds also emit harmful UV radiation, increasing the risk of skin cancer with frequent use.

Cause 2 - Risk Factors: Fair skin, light hair, and blue or green eyes are associated with an increased risk of skin cancer, as these traits indicate less natural protection against UV radiation. History of severe sunburns, especially during childhood or adolescence, significantly raises the risk of skin cancer later in life. Presence of numerous moles or atypical moles (dysplastic nevi) increases the likelihood of developing melanoma. Family history of skin cancer, particularly melanoma, suggests a genetic predisposition to the disease. Immunosuppression, such as in organ transplant recipients or individuals with HIV/AIDS, raises the risk of skin cancer due to compromised immune function.

Cause 3 - Environmental Factors: Geographic location: Living closer to the equator or at higher altitudes increases exposure to intense UV radiation, elevating the risk of skin cancer. Occupational sun exposure: Certain occupations, such as farming, construction, and outdoor recreation, involve prolonged sun exposure, increasing the risk of skin cancer. Environmental pollutants: Exposure to certain environmental pollutants, such as arsenic, coal tar, or radium, may contribute to the development of skin cancer.

Cause 4 - Lifestyle Factors: Use of tanning beds: Regular use of indoor tanning beds significantly increases the risk of developing skin cancer, particularly melanoma.

Cause 5 - Sunburn history: Individuals with a history of multiple or severe sunburns have an elevated risk of developing skin cancer, including melanoma.

Cause 6 - Lack of sun protection: Failure to use sunscreen, wear protective clothing, or seek shade when outdoors increases the risk of UV radiation exposure and subsequent skin cancer development.

**Lifestyle changes to prevent Skin Cancer–**

Several lifestyle changes can help prevent skin cancer:

Limit sun exposure: Avoid prolonged sun exposure, especially during peak UV radiation hours (10 a.m. to 4 p.m.). Seek shade, wear protective clothing, and use broad-spectrum sunscreen with SPF 30 or higher.

Avoid indoor tanning: Refrain from using indoor tanning beds, as they emit harmful UV radiation that increases the risk of skin cancer.

Perform regular skin self-examinations: Check your skin monthly for any changes in moles, freckles, or skin lesions. Seek medical evaluation for any suspicious changes.

Attend regular skin cancer screenings: Schedule periodic skin cancer screenings with a dermatologist, especially if you have a history of skin cancer or risk factors.

**Disease background of Skin Cancer–**

Skin cancer can affect individuals of all ages, but the risk increases with age and cumulative sun exposure. Fair-skinned individuals, those with a history of severe sunburns or indoor tanning, and individuals with a family history of skin cancer are at higher risk. People who live in regions with intense sunlight, work outdoors, or participate in outdoor recreational activities are also more susceptible. While skin cancer is more common in older adults, cases are increasingly being diagnosed in younger individuals, emphasizing the importance of sun protection measures and early detection efforts.