

WEBVTT

00:00:00.000 --> 00:00:01.960 Funding for Yale Cancer Answers

NOTE Confidence: 0.95676535

00:00:01.960 --> 00:00:03.920 is provided by Smilow Cancer

NOTE Confidence: 0.95676535

00:00:03.990 --> 00:00:05.690 Hospital and AstraZeneca.

NOTE Confidence: 0.96619815

00:00:07.720 --> 00:00:10.282 Welcome to Yale Cancer Answers with your

NOTE Confidence: 0.96619815

00:00:10.282 --> 00:00:12.715 host, doctor Anees Chagpar. Yale Cancer

NOTE Confidence: 0.96619815

00:00:12.715 --> 00:00:14.780 Answers features the latest information

NOTE Confidence: 0.96619815

00:00:14.841 --> 00:00:17.067 on cancer care by welcoming oncologists

NOTE Confidence: 0.96619815

00:00:17.067 --> 00:00:19.522 and specialists who are on the forefront

NOTE Confidence: 0.96619815

00:00:19.522 --> 00:00:21.971 of the battle to fight cancer. This week

NOTE Confidence: 0.96619815

00:00:21.971 --> 00:00:24.358 it's a conversation about skin cancer and

NOTE Confidence: 0.96619815

00:00:24.358 --> 00:00:26.750 sun safety with Doctor Kathleen Suozzi.

NOTE Confidence: 0.96619815

00:00:26.750 --> 00:00:29.132 Doctor Suozzi is an assistant professor

NOTE Confidence: 0.96619815

00:00:29.132 --> 00:00:31.097 of dermatology and dermatologic surgery

NOTE Confidence: 0.96619815

00:00:31.097 --> 00:00:32.969 at the Yale School of Medicine,

NOTE Confidence: 0.96619815

00:00:32.970 --> 00:00:35.532 where Doctor Chagpar is a professor

NOTE Confidence: 0.96619815

00:00:35.532 --> 00:00:36.630 of surgical oncology.
NOTE Confidence: 0.98617035

00:00:38.740 --> 00:00:42.286 We've been waiting for this for a long time.
NOTE Confidence: 0.98617035

00:00:42.290 --> 00:00:44.754 Tell us what we should know in
NOTE Confidence: 0.98617035

00:00:44.754 --> 00:00:47.010 order to keep ourselves safe
NOTE Confidence: 0.98617035

00:00:47.010 --> 00:00:48.102 during the summer.
NOTE Confidence: 0.98617035

00:00:48.102 --> 00:00:50.650 Yes, I think as we're emerging
NOTE Confidence: 0.98617035

00:00:50.726 --> 00:00:53.318 after this difficult COVID year,
NOTE Confidence: 0.98617035

00:00:53.320 --> 00:00:55.390 people are really looking forward
NOTE Confidence: 0.98617035

00:00:55.390 --> 00:00:57.903 to spending the summer outdoors and
NOTE Confidence: 0.98617035

00:00:57.903 --> 00:00:59.783 doing activities that have been
NOTE Confidence: 0.98617035

00:00:59.783 --> 00:01:01.990 really limited over the past year.
NOTE Confidence: 0.98617035

00:01:01.990 --> 00:01:04.736 And I fully encourage that, but we
NOTE Confidence: 0.98617035

00:01:04.736 --> 00:01:08.790 want to do it safely and there's a few tips
NOTE Confidence: 0.98617035

00:01:08.790 --> 00:01:12.093 I think that will help people be sun safe
NOTE Confidence: 0.98617035

00:01:12.093 --> 00:01:15.380 during their outdoor activities this summer.
NOTE Confidence: 0.98617035

00:01:15.380 --> 00:01:18.299 The first thing to talk about is

NOTE Confidence: 0.98617035

00:01:18.299 --> 00:01:20.547 sun protection and sun protection

NOTE Confidence: 0.98617035

00:01:20.547 --> 00:01:22.837 comes in a couple forms.

NOTE Confidence: 0.98617035

00:01:22.840 --> 00:01:25.906 So when we think about sun protection,

NOTE Confidence: 0.98617035

00:01:25.910 --> 00:01:28.983 most people think about sunscreen and this

NOTE Confidence: 0.98617035

00:01:28.983 --> 00:01:32.497 really is the main first line of defense.

NOTE Confidence: 0.98617035

00:01:32.500 --> 00:01:35.741 But the key for sunscreen is using

NOTE Confidence: 0.98617035

00:01:35.741 --> 00:01:38.797 it properly and what I think

NOTE Confidence: 0.98617035

00:01:38.800 --> 00:01:41.635 people misuse is in terms of the

NOTE Confidence: 0.98617035

00:01:41.635 --> 00:01:44.497 amount of sunscreen they use and the

NOTE Confidence: 0.98617035

00:01:44.497 --> 00:01:46.837 frequency in which they apply it.

NOTE Confidence: 0.98617035

00:01:46.840 --> 00:01:48.046 So in general,

NOTE Confidence: 0.98617035

00:01:48.046 --> 00:01:49.252 when we're recommending

NOTE Confidence: 0.98617035

00:01:49.252 --> 00:01:50.458 appropriate sunscreen use,

NOTE Confidence: 0.98617035

00:01:50.460 --> 00:01:53.267 people want to look for an SPF.

NOTE Confidence: 0.98617035

00:01:53.270 --> 00:01:55.280 This is sun protective factor

NOTE Confidence: 0.98617035

00:01:55.280 --> 00:01:58.392 and is the amount of
NOTE Confidence: 0.98617035

00:01:58.392 --> 00:02:00.060 increased protection the sunscreen
NOTE Confidence: 0.98617035

00:02:00.060 --> 00:02:02.514 is giving you to prevent sunburns.
NOTE Confidence: 0.98617035

00:02:02.520 --> 00:02:03.738 So, for example,
NOTE Confidence: 0.98617035

00:02:03.738 --> 00:02:06.940 if you're using an SPF of 15,
NOTE Confidence: 0.98617035

00:02:06.940 --> 00:02:09.005 that means it's going to
NOTE Confidence: 0.98617035

00:02:09.005 --> 00:02:10.657 take 15 times longer
NOTE Confidence: 0.98617035

00:02:10.660 --> 00:02:12.208 to cause a sunburn,
NOTE Confidence: 0.98617035

00:02:12.208 --> 00:02:15.410 then it would without any sunscreen,
NOTE Confidence: 0.98617035

00:02:15.410 --> 00:02:19.210 and so in general I recommend that patients
NOTE Confidence: 0.98617035

00:02:19.210 --> 00:02:22.756 or people look for SPF of 30 or above.
NOTE Confidence: 0.98617035

00:02:22.760 --> 00:02:25.833 This is going to be giving you
NOTE Confidence: 0.98617035

00:02:25.833 --> 00:02:28.779 coverage for about 98% of UV rays,
NOTE Confidence: 0.98617035

00:02:28.779 --> 00:02:31.317 so with application number one you
NOTE Confidence: 0.98617035

00:02:31.317 --> 00:02:35.191 have to apply enough and so the general
NOTE Confidence: 0.98617035

00:02:35.191 --> 00:02:37.879 recommendation is about 1 to 2 ounces.

NOTE Confidence: 0.98617035

00:02:37.880 --> 00:02:41.384 So this is about a shot glass size

NOTE Confidence: 0.98617035

00:02:41.390 --> 00:02:43.707 or a golf ball sized amount of

NOTE Confidence: 0.98617035

00:02:43.707 --> 00:02:45.571 sunscreen to cover exposed skin

NOTE Confidence: 0.98617035

00:02:45.571 --> 00:02:47.566 and this sunscreen needs to

NOTE Confidence: 0.98617035

00:02:47.566 --> 00:02:49.509 be reapplied every two hours.

NOTE Confidence: 0.97626966

00:02:50.260 --> 00:02:52.990 And so Katie, just a couple of

NOTE Confidence: 0.97626966

00:02:52.990 --> 00:02:55.644 questions on that. The first is, is

NOTE Confidence: 0.97626966

00:02:55.644 --> 00:02:58.840 the bigger the number for the SPF better?

NOTE Confidence: 0.97626966

00:02:58.840 --> 00:03:02.098 So if you have a choice between 30 and

NOTE Confidence: 0.97626966

00:03:02.098 --> 00:03:05.465 50 and maybe even 70 that you should

NOTE Confidence: 0.97626966

00:03:05.470 --> 00:03:07.030 pick the higher number.

NOTE Confidence: 0.97626966

00:03:07.030 --> 00:03:09.760 No, that's really not always the case.

NOTE Confidence: 0.97626966

00:03:09.760 --> 00:03:13.270 So as I mentioned at an SPF of 30,

NOTE Confidence: 0.97626966

00:03:13.270 --> 00:03:14.830 you're blocking approximately 98%

NOTE Confidence: 0.97626966

00:03:14.830 --> 00:03:16.390 of the ultraviolet radiation,

NOTE Confidence: 0.97626966

00:03:16.390 --> 00:03:18.340 and so at increasing numbers,
NOTE Confidence: 0.97626966

00:03:18.340 --> 00:03:19.552 there's diminishing return.
NOTE Confidence: 0.97626966

00:03:19.552 --> 00:03:21.168 And in order to
NOTE Confidence: 0.97626966

00:03:21.170 --> 00:03:22.253 achieve higher sun
NOTE Confidence: 0.97626966

00:03:22.253 --> 00:03:23.697 protective factor,
NOTE Confidence: 0.97626966

00:03:23.700 --> 00:03:26.958 say your SPF is 100 or 70 or greater,
NOTE Confidence: 0.97626966

00:03:26.960 --> 00:03:29.126 the consistency of the product changes.
NOTE Confidence: 0.97626966

00:03:29.130 --> 00:03:31.308 It becomes more tacky, more opaque.
NOTE Confidence: 0.97626966

00:03:31.310 --> 00:03:32.674 It's not as wearable,
NOTE Confidence: 0.97626966

00:03:32.674 --> 00:03:35.156 and so in my experience my patients
NOTE Confidence: 0.97626966

00:03:35.156 --> 00:03:36.966 aren't as likely
NOTE Confidence: 0.97626966

00:03:36.966 --> 00:03:39.629 to use it as a more wearable,
NOTE Confidence: 0.97626966

00:03:39.630 --> 00:03:42.164 say SPF 30, which goes on easier,
NOTE Confidence: 0.97626966

00:03:42.170 --> 00:03:43.172 is more shear,
NOTE Confidence: 0.97626966

00:03:43.172 --> 00:03:45.176 and they're more likely to keep
NOTE Confidence: 0.97626966

00:03:45.176 --> 00:03:47.495 it on every day and reapply

NOTE Confidence: 0.97626966

00:03:47.495 --> 00:03:49.405 every two hours as recommended.

NOTE Confidence: 0.8851317

00:03:50.580 --> 00:03:53.484 So the next question I have is when

NOTE Confidence: 0.8851317

00:03:53.484 --> 00:03:56.069 we're looking at the sunscreen bottle,

NOTE Confidence: 0.8851317

00:03:56.070 --> 00:03:58.807 some of them will say broad spectrum.

NOTE Confidence: 0.8851317

00:03:58.810 --> 00:04:01.946 Some of them will say UVA and UVB.

NOTE Confidence: 0.8851317

00:04:01.950 --> 00:04:05.934 What do all of those terms mean and

NOTE Confidence: 0.8851317

00:04:05.934 --> 00:04:09.120 how important or not are they?

NOTE Confidence: 0.8439736

00:04:09.120 --> 00:04:12.776 Broad spectrum is not just a marketing label,

NOTE Confidence: 0.8439736

00:04:12.780 --> 00:04:15.672 it actually is really important and what

NOTE Confidence: 0.8439736

00:04:15.672 --> 00:04:18.956 broad spectrum means is that the sunscreen

NOTE Confidence: 0.8439736

00:04:18.956 --> 00:04:21.931 is blocking both UVA and UVB rays.

NOTE Confidence: 0.8439736

00:04:21.940 --> 00:04:26.053 So UV radiation comes in a few forms.

NOTE Confidence: 0.8439736

00:04:26.060 --> 00:04:28.500 The main ones that reach

NOTE Confidence: 0.8439736

00:04:28.500 --> 00:04:31.559 the Earth are UVA and UVB.

NOTE Confidence: 0.8439736

00:04:31.560 --> 00:04:34.374 UVB radiation is what causes sunburn

NOTE Confidence: 0.8439736

00:04:34.374 --> 00:04:37.969 and is also associated with skin cancer.

NOTE Confidence: 0.8439736

00:04:37.970 --> 00:04:41.708 UVA Is the ultraviolet radiation that

NOTE Confidence: 0.8439736

00:04:41.708 --> 00:04:45.517 is associated with sun damage in the skin,

NOTE Confidence: 0.8439736

00:04:45.520 --> 00:04:48.040 so the development of wrinkles,

NOTE Confidence: 0.8439736

00:04:48.040 --> 00:04:51.070 sunspots, and is also associated

NOTE Confidence: 0.8439736

00:04:51.070 --> 00:04:52.888 with skin cancer.

NOTE Confidence: 0.8439736

00:04:52.890 --> 00:04:54.870 UVC really doesn't penetrate to

NOTE Confidence: 0.8439736

00:04:54.870 --> 00:04:56.850 the earths surface,

NOTE Confidence: 0.8439736

00:04:56.850 --> 00:04:59.167 so really talking about UVA and UVB

NOTE Confidence: 0.8439736

00:04:59.167 --> 00:05:02.087 and so broad spectrum means that

NOTE Confidence: 0.8439736

00:05:02.087 --> 00:05:04.859 that sunscreen product is going to

NOTE Confidence: 0.8439736

00:05:04.936 --> 00:05:07.936 protect you from both UVB and UVA rays.

NOTE Confidence: 0.8439736

00:05:07.940 --> 00:05:10.460 And so this is really important and

NOTE Confidence: 0.8439736

00:05:10.460 --> 00:05:13.335 the type of sunscreen you will also

NOTE Confidence: 0.8439736

00:05:13.335 --> 00:05:16.371 find on your sunscreen label and in

NOTE Confidence: 0.8439736

00:05:16.371 --> 00:05:19.052 general sunscreens come in two forms so

NOTE Confidence: 0.8439736

00:05:19.052 --> 00:05:21.584 we have our chemical based sunscreens

NOTE Confidence: 0.8439736

00:05:21.584 --> 00:05:23.789 and our physical based sunscreens.

NOTE Confidence: 0.8439736

00:05:23.790 --> 00:05:25.788 The physical base are also referred

NOTE Confidence: 0.8439736

00:05:25.788 --> 00:05:27.850 to as mineral based sunscreens.

NOTE Confidence: 0.8439736

00:05:27.850 --> 00:05:29.895 Mineral based sunscreens are the

NOTE Confidence: 0.8439736

00:05:29.895 --> 00:05:32.650 ones that contain zinc or titanium.

NOTE Confidence: 0.8439736

00:05:32.650 --> 00:05:34.806 That's why they get their name of

NOTE Confidence: 0.8439736

00:05:34.806 --> 00:05:36.869 mineral based and the way mineral

NOTE Confidence: 0.8439736

00:05:36.869 --> 00:05:39.011 based sunscreens work is they are

NOTE Confidence: 0.8439736

00:05:39.011 --> 00:05:40.735 literally just reflecting the UV

NOTE Confidence: 0.8439736

00:05:40.735 --> 00:05:43.064 radiation off the skin and this is

NOTE Confidence: 0.8439736

00:05:43.064 --> 00:05:45.248 why you think about the traditional

NOTE Confidence: 0.8439736

00:05:45.248 --> 00:05:47.368 zinc based sunscreens that were very

NOTE Confidence: 0.8439736

00:05:47.368 --> 00:05:49.294 white and opaque because they would

NOTE Confidence: 0.8439736

00:05:49.294 --> 00:05:51.750 go on and just reflect off the light.

NOTE Confidence: 0.8439736

00:05:51.750 --> 00:05:54.109 Now we have a lot more elegant
NOTE Confidence: 0.8439736

00:05:54.109 --> 00:05:55.871 formulations where the minerals are
NOTE Confidence: 0.8439736

00:05:55.871 --> 00:05:58.272 micronized and they go on much more
NOTE Confidence: 0.8439736

00:05:58.272 --> 00:06:00.860 shear on the skin and these are in
NOTE Confidence: 0.8439736

00:06:00.860 --> 00:06:03.054 general my preferred forms of sunscreen
NOTE Confidence: 0.8439736

00:06:03.054 --> 00:06:05.980 because they are not just reflecting UV,
NOTE Confidence: 0.8439736

00:06:05.980 --> 00:06:08.596 they are by nature broad spectrum.
NOTE Confidence: 0.8439736

00:06:08.600 --> 00:06:11.162 The main reason why I prefer the
NOTE Confidence: 0.8439736

00:06:11.162 --> 00:06:13.725 mineral based to the chemical based
NOTE Confidence: 0.8439736

00:06:13.725 --> 00:06:16.040 is that chemical based sunscreens
NOTE Confidence: 0.8439736

00:06:16.040 --> 00:06:18.240 can cause skin irritation,
NOTE Confidence: 0.8439736

00:06:18.240 --> 00:06:20.868 both irritant and allergic types of reactions.
NOTE Confidence: 0.988674

00:06:20.870 --> 00:06:23.318 Recently there has been
NOTE Confidence: 0.988674

00:06:23.318 --> 00:06:25.690 some controversies about some sunscreens.
NOTE Confidence: 0.988674

00:06:25.690 --> 00:06:27.880 The chemical variety causing cancer.
NOTE Confidence: 0.988674

00:06:27.880 --> 00:06:30.418 Is that true? And how much

NOTE Confidence: 0.988674

00:06:30.418 --> 00:06:33.129 stock should we put into that?

NOTE Confidence: 0.98782945

00:06:34.230 --> 00:06:37.839 So we have a lot more research needed into

NOTE Confidence: 0.98782945

00:06:37.839 --> 00:06:41.207 that to really determine

NOTE Confidence: 0.98782945

00:06:41.207 --> 00:06:44.927 if there is any inherent harm in

NOTE Confidence: 0.98782945

00:06:44.927 --> 00:06:47.917 these chemical based sunscreens.

NOTE Confidence: 0.98782945

00:06:47.920 --> 00:06:50.916 So the initial concern came out when

NOTE Confidence: 0.98782945

00:06:50.916 --> 00:06:54.386 it was found that the chemical based

NOTE Confidence: 0.98782945

00:06:54.386 --> 00:06:57.530 sunscreens could be detected at very

NOTE Confidence: 0.98782945

00:06:57.622 --> 00:07:00.737 very low levels in the bloodstream and

NOTE Confidence: 0.98782945

00:07:00.737 --> 00:07:04.016 what does this mean?

00:07:09.408 --> 00:07:12.447 Does this pose any health risk is still very,

NOTE Confidence: 0.98782945

00:07:12.450 --> 00:07:14.031 very unknown.

NOTE Confidence: 0.98782945

00:07:14.031 --> 00:07:17.193 It's very unlikely that these chemical

NOTE Confidence: 0.98782945

00:07:17.193 --> 00:07:20.218 sunscreens pose any real risks to human

NOTE Confidence: 0.98782945

00:07:20.218 --> 00:07:22.932 health because we would have seen a

NOTE Confidence: 0.98782945

00:07:22.932 --> 00:07:26.170 signal come up over all of these years of use

NOTE Confidence: 0.9644504

00:07:26.170 --> 00:07:29.194 and so the next question has to do

NOTE Confidence: 0.9644504

00:07:29.194 --> 00:07:31.320 with sunscreens being waterproof.

NOTE Confidence: 0.9644504

00:07:31.320 --> 00:07:33.052 Are sunscreens waterproof?

NOTE Confidence: 0.9644504

00:07:33.052 --> 00:07:36.590 And if they say so on the label,

NOTE Confidence: 0.9644504

00:07:36.590 --> 00:07:39.083 does that mean that you don't need to reapply

NOTE Confidence: 0.9644504

00:07:39.083 --> 00:07:41.199 them necessarily after you get out of

NOTE Confidence: 0.985694755555556

00:07:41.200 --> 00:07:42.860 the water?

NOTE Confidence: 0.985694755555556

00:07:42.860 --> 00:07:44.935 Sunscreens can label themselves as water resistant,

NOTE Confidence: 0.985694755555556

00:07:44.940 --> 00:07:46.690 but it's not perfect and

NOTE Confidence: 0.985694755555556

00:07:46.690 --> 00:07:48.934 certainly it will wash off and

NOTE Confidence: 0.985694755555556

00:07:48.934 --> 00:07:51.059 in general those water resistant

NOTE Confidence: 0.985694755555556

00:07:51.059 --> 00:07:53.520 formulations tend to have a thicker,

NOTE Confidence: 0.985694755555556

00:07:53.520 --> 00:07:55.470 more tacky feel to them,

NOTE Confidence: 0.985694755555556

00:07:55.470 --> 00:07:57.420 so they're harder to apply,

NOTE Confidence: 0.985694755555556

00:07:57.420 --> 00:08:00.129 so you know if someone is a

NOTE Confidence: 0.985694755555556

00:08:00.129 --> 00:08:02.532 swimmer and going to be in
NOTE Confidence: 0.985694755555556

00:08:02.532 --> 00:08:04.830 water for long periods of time,
NOTE Confidence: 0.985694755555556

00:08:04.830 --> 00:08:07.170 I will say seek out these
NOTE Confidence: 0.985694755555556

00:08:07.170 --> 00:08:08.340 water resistant formulations,
NOTE Confidence: 0.985694755555556

00:08:08.340 --> 00:08:10.812 but in general I still recommend
NOTE Confidence: 0.985694755555556

00:08:10.812 --> 00:08:13.917 that once you come out of the water
NOTE Confidence: 0.985694755555556

00:08:13.920 --> 00:08:15.600 dry off and reapply.
00:08:16.020 --> 00:08:19.460 What about if you are going outside but you're
NOTE Confidence: 0.953123

00:08:19.460 --> 00:08:23.158 going to be indoors for part of the time?
NOTE Confidence: 0.953123

00:08:23.160 --> 00:08:26.100 Do you still need to wear sunscreen,
NOTE Confidence: 0.953123

00:08:26.100 --> 00:08:28.956 or is that only when you're going
NOTE Confidence: 0.953123

00:08:28.956 --> 00:08:31.122 outside to the beach you're
NOTE Confidence: 0.953123

00:08:31.122 --> 00:08:34.080 going to be exposed to
NOTE Confidence: 0.953123

00:08:34.080 --> 00:08:37.860 the sun for a prolonged period of time?
NOTE Confidence: 0.953123

00:08:37.860 --> 00:08:38.700 So, interestingly,
NOTE Confidence: 0.953123

00:08:38.700 --> 00:08:41.640 you can even have UV exposure indoors,
NOTE Confidence: 0.953123

00:08:41.640 --> 00:08:44.232 and that is because UVA radiation
NOTE Confidence: 0.953123

00:08:44.232 --> 00:08:45.916 can penetrate through windows,
NOTE Confidence: 0.953123

00:08:45.916 --> 00:08:49.180 so our car windshields by law have to
NOTE Confidence: 0.953123

00:08:49.258 --> 00:08:51.976 have filters to protect against UVA,
NOTE Confidence: 0.953123

00:08:51.980 --> 00:08:54.892 but the side windows, sunroofs, back windows,
NOTE Confidence: 0.953123

00:08:54.892 --> 00:08:57.140 generally don't have UV protection.
NOTE Confidence: 0.953123

00:08:57.140 --> 00:08:59.290 Same goes in office buildings.
NOTE Confidence: 0.953123

00:08:59.290 --> 00:09:01.440 So if you're working next
NOTE Confidence: 0.953123

00:09:01.440 --> 00:09:03.590 to a window every day,
NOTE Confidence: 0.953123

00:09:03.590 --> 00:09:06.422 you have significant UVA exposure and
NOTE Confidence: 0.953123

00:09:06.422 --> 00:09:10.284 so I do recommend to all of my patients
NOTE Confidence: 0.953123

00:09:10.284 --> 00:09:13.256 that they wear a daily facial sunscreen
NOTE Confidence: 0.953123

00:09:13.256 --> 00:09:16.728 and this is applied in the morning.
NOTE Confidence: 0.953123

00:09:16.730 --> 00:09:19.274 And you could have it in
NOTE Confidence: 0.953123

00:09:19.274 --> 00:09:20.970 your office to reapply.
NOTE Confidence: 0.953123

00:09:20.970 --> 00:09:22.958 Sometimes this becomes problematic,

NOTE Confidence: 0.953123

00:09:22.958 --> 00:09:26.376 especially for women who wear makeup and

NOTE Confidence: 0.953123

00:09:26.376 --> 00:09:28.889 just the practicality of reapplying

NOTE Confidence: 0.953123

00:09:28.889 --> 00:09:31.284 a cream based sunscreen multiple times

NOTE Confidence: 0.953123

00:09:31.284 --> 00:09:34.082 through the day is just not feasible.

NOTE Confidence: 0.953123

00:09:34.082 --> 00:09:36.826 So we do have some newer formulations

NOTE Confidence: 0.953123

00:09:36.826 --> 00:09:39.200 that help mitigate that problem.

NOTE Confidence: 0.953123

00:09:39.200 --> 00:09:40.090 For example,

NOTE Confidence: 0.953123

00:09:40.090 --> 00:09:43.205 there are powder based sunscreens that can

NOTE Confidence: 0.953123

00:09:43.205 --> 00:09:46.647 be used for reapplication during the day.

NOTE Confidence: 0.953123

00:09:46.650 --> 00:09:49.002 But if you're using a mineral based

NOTE Confidence: 0.953123

00:09:49.002 --> 00:09:51.348 sunscreen on your face in the morning,

NOTE Confidence: 0.953123

00:09:51.350 --> 00:09:52.834 that mineral composition is

NOTE Confidence: 0.953123

00:09:52.834 --> 00:09:55.060 really going to stay there until

NOTE Confidence: 0.953123

00:09:55.122 --> 00:09:56.730 you wash it off your face.

NOTE Confidence: 0.953123

00:09:56.730 --> 00:09:59.033 So it's better than nothing if you're

NOTE Confidence: 0.953123

00:09:59.033 --> 00:10:01.099 at least applying it every morning.
NOTE Confidence: 0.9776271

00:10:02.120 --> 00:10:04.394 What about you know the reapplication
NOTE Confidence: 0.9776271

00:10:04.394 --> 00:10:07.040 part seems to be one of the
NOTE Confidence: 0.9776271

00:10:07.040 --> 00:10:08.795 issues that many people face.
NOTE Confidence: 0.9776271

00:10:08.800 --> 00:10:11.408 I know that when I go out into
NOTE Confidence: 0.9776271

00:10:11.408 --> 00:10:14.160 the sun I may start out the day
NOTE Confidence: 0.9776271

00:10:14.160 --> 00:10:16.960 with all of the best intentions.
NOTE Confidence: 0.9776271

00:10:16.960 --> 00:10:18.480 Put my sunscreen on,
NOTE Confidence: 0.9776271

00:10:18.480 --> 00:10:20.380 but when you're outside and
NOTE Confidence: 0.9776271

00:10:20.380 --> 00:10:22.147 you're having a good time,
NOTE Confidence: 0.9776271

00:10:22.150 --> 00:10:24.005 you often forget to reapply
NOTE Confidence: 0.9776271

00:10:24.005 --> 00:10:25.489 it every two hours.
NOTE Confidence: 0.9776271

00:10:25.490 --> 00:10:27.720 How critical is it that you
NOTE Confidence: 0.9776271

00:10:27.720 --> 00:10:29.200 reapply every two hours?
NOTE Confidence: 0.9776271

00:10:29.200 --> 00:10:32.539 Can you up the SPF and then not reapply?
NOTE Confidence: 0.97550213

00:10:33.530 --> 00:10:36.113 So upping the SPF and not reapplying

NOTE Confidence: 0.97550213

00:10:36.113 --> 00:10:38.090 isn't going to be helpful,

NOTE Confidence: 0.97550213

00:10:38.090 --> 00:10:40.286 because what is causing the sunscreen

NOTE Confidence: 0.97550213

00:10:40.286 --> 00:10:42.202 to need reapplication is related

NOTE Confidence: 0.97550213

00:10:42.202 --> 00:10:44.167 to what activities you're doing.

NOTE Confidence: 0.97550213

00:10:44.170 --> 00:10:46.070 For example, if you're sweating,

NOTE Confidence: 0.97550213

00:10:46.070 --> 00:10:47.210 if you're swimming,

NOTE Confidence: 0.97550213

00:10:47.210 --> 00:10:48.730 which we already mentioned,

NOTE Confidence: 0.97550213

00:10:48.730 --> 00:10:50.615 these are things that are

NOTE Confidence: 0.97550213

00:10:50.615 --> 00:10:52.910 going to lead to the SPF

NOTE Confidence: 0.97550213

00:10:52.910 --> 00:10:55.190 either washing off or breaking down.

NOTE Confidence: 0.97550213

00:10:55.190 --> 00:10:57.850 Wiping down with a towel,

NOTE Confidence: 0.97550213

00:10:57.850 --> 00:10:59.750 for example, and so yes,

NOTE Confidence: 0.97550213

00:10:59.750 --> 00:11:02.090 it can be really hard to

NOTE Confidence: 0.97550213

00:11:02.090 --> 00:11:03.650 continuously reapply while you're

NOTE Confidence: 0.97550213

00:11:03.650 --> 00:11:06.737 outdoors, but I typically recommend

NOTE Confidence: 0.97550213

00:11:06.740 --> 00:11:09.380 that before your outdoor activity,
NOTE Confidence: 0.97550213

00:11:09.380 --> 00:11:11.750 give yourself a head to toe
NOTE Confidence: 0.97550213

00:11:11.750 --> 00:11:14.230 cover in a broad spectrum,
NOTE Confidence: 0.97550213

00:11:14.230 --> 00:11:16.876 cream based SPF, preferably a mineral,
NOTE Confidence: 0.97550213

00:11:16.880 --> 00:11:19.526 but chemical is fine as well,
NOTE Confidence: 0.97550213

00:11:19.530 --> 00:11:21.972 and then when you're out we
NOTE Confidence: 0.97550213

00:11:21.972 --> 00:11:25.260 have to take a little bit more care
00:11:28.186 --> 00:11:30.459 about convenience and so
NOTE Confidence: 0.97550213

00:11:30.459 --> 00:11:32.319 the spray based sunscreens,
NOTE Confidence: 0.97550213

00:11:32.320 --> 00:11:33.613 the aerosolized sunscreens,
NOTE Confidence: 0.97550213

00:11:33.613 --> 00:11:35.768 which aren't perfect for initial
NOTE Confidence: 0.97550213

00:11:35.768 --> 00:11:37.276 application because they don't
NOTE Confidence: 0.97550213

00:11:37.276 --> 00:11:38.736 always go on fully evenly,
NOTE Confidence: 0.97550213

00:11:38.740 --> 00:11:40.750 they're really easy to reapply to
NOTE Confidence: 0.97550213

00:11:40.750 --> 00:11:43.039 spray it on your exposed skin,
NOTE Confidence: 0.97550213

00:11:43.040 --> 00:11:45.217 and so those are a great option
NOTE Confidence: 0.97550213

00:11:45.217 --> 00:11:47.892 to have in your purse or bag so
NOTE Confidence: 0.97550213

00:11:47.892 --> 00:11:50.094 that when you're out and about
NOTE Confidence: 0.97550213

00:11:50.094 --> 00:11:52.379 you can easily reapply without having to strip
down.
00:11:57.760 --> 00:11:59.578 The other thing which we haven't
NOTE Confidence: 0.97550213

00:11:59.578 --> 00:12:02.070 touched on yet is protective clothing,
NOTE Confidence: 0.97550213

00:12:02.070 --> 00:12:05.427 and so this is a great way to minimize
NOTE Confidence: 0.97550213

00:12:05.430 --> 00:12:07.194 the need for reapplication because of
NOTE Confidence: 0.97550213

00:12:07.194 --> 00:12:09.451 course if you have the clothing on it
NOTE Confidence: 0.97550213

00:12:09.451 --> 00:12:11.520 will stay with you during your activity.
NOTE Confidence: 0.94931805

00:12:12.740 --> 00:12:15.332 So all great tips and we're going to
NOTE Confidence: 0.94931805

00:12:15.332 --> 00:12:18.086 pick up that conversation right after we
NOTE Confidence: 0.94931805

00:12:18.086 --> 00:12:21.299 take a short break for medical minute.
NOTE Confidence: 0.94931805

00:12:21.300 --> 00:12:24.016 Please stay tuned to learn more about
NOTE Confidence: 0.94931805

00:12:24.016 --> 00:12:26.358 skin cancer and sun safety with
NOTE Confidence: 0.94931805

00:12:26.360 --> 00:12:28.300 my guest doctor Kathleen Suozzi.
NOTE Confidence: 0.94931805

00:12:28.300 --> 00:12:30.580 Funding for Yale Cancer Answers comes

NOTE Confidence: 0.94931805

00:12:30.580 --> 00:12:32.553 from Smilow Cancer Hospital promoting

NOTE Confidence: 0.94931805

00:12:32.553 --> 00:12:34.905 sun safety and skin cancer screening

NOTE Confidence: 0.94931805

00:12:34.910 --> 00:12:37.910 in honor of UV Safety Month. For information

NOTE Confidence: 0.94931805

00:12:37.910 --> 00:12:41.138 and to learn if you should be screened,

NOTE Confidence: 0.94931805

00:12:41.140 --> 00:12:41.920 visit yalecancercenter.org/screening.

NOTE Confidence: 0.9915964

00:12:43.980 --> 00:12:46.060 This is a medical minute

NOTE Confidence: 0.9915964

00:12:46.060 --> 00:12:47.308 about smoking cessation.

NOTE Confidence: 0.9915964

00:12:47.310 --> 00:12:49.385 There are many obstacles to

NOTE Confidence: 0.9915964

00:12:49.385 --> 00:12:51.045 face when quitting smoking

NOTE Confidence: 0.9915964

00:12:51.050 --> 00:12:53.955 as smoking involves the potent drug nicotine.

NOTE Confidence: 0.9915964

00:12:53.960 --> 00:12:56.879 But it's a very important lifestyle change,

NOTE Confidence: 0.9915964

00:12:56.880 --> 00:12:58.125 especially for patients

NOTE Confidence: 0.9915964

00:12:58.125 --> 00:12:59.370 undergoing cancer treatment.

NOTE Confidence: 0.9915964

00:12:59.370 --> 00:13:01.608 Quitting smoking has been shown to

NOTE Confidence: 0.9915964

00:13:01.608 --> 00:13:03.641 positively impact response to treatments,

NOTE Confidence: 0.9915964

00:13:03.641 --> 00:13:06.006 decrease the likelihood that patients
NOTE Confidence: 0.9915964

00:13:06.006 --> 00:13:07.898 will develop second malignancies,
NOTE Confidence: 0.9915964

00:13:07.959 --> 00:13:09.769 and increase rates of survival.
NOTE Confidence: 0.9915964

00:13:09.770 --> 00:13:11.434 Tobacco treatment programs are
NOTE Confidence: 0.9915964

00:13:11.434 --> 00:13:13.514 currently being offered at federally
NOTE Confidence: 0.9915964

00:13:13.514 --> 00:13:15.539 designated Comprehensive Cancer Centers
NOTE Confidence: 0.9915964

00:13:15.540 --> 00:13:17.260 and operate on the principles
NOTE Confidence: 0.9915964

00:13:17.260 --> 00:13:19.654 of the US Public Health service
NOTE Confidence: 0.9915964

00:13:19.654 --> 00:13:21.457 clinical practice guidelines.
NOTE Confidence: 0.9915964

00:13:21.460 --> 00:13:23.144 All treatment components are
NOTE Confidence: 0.9915964

00:13:23.144 --> 00:13:25.249 evidence based and therefore all
NOTE Confidence: 0.9915964

00:13:25.249 --> 00:13:27.266 patients are treated with FDA
NOTE Confidence: 0.9915964

00:13:27.266 --> 00:13:28.802 approved first line medications
NOTE Confidence: 0.9915964

00:13:28.802 --> 00:13:31.443 for smoking cessation as well as
NOTE Confidence: 0.9915964

00:13:31.443 --> 00:13:33.247 smoking cessation counseling that
NOTE Confidence: 0.9915964

00:13:33.247 --> 00:13:35.032 stresses appropriate coping skills.

NOTE Confidence: 0.9915964

00:13:35.032 --> 00:13:37.237 More information is available at

NOTE Confidence: 0.9915964

00:13:37.237 --> 00:13:38.560 yalecancercenter.org. You're listening

NOTE Confidence: 0.9915964

00:13:38.616 --> 00:13:40.068 to Connecticut Public Radio.

NOTE Confidence: 0.9715331

00:13:41.350 --> 00:13:43.648 Welcome back to Yale Cancer Answers.

NOTE Confidence: 0.9715331

00:13:43.650 --> 00:13:46.009 This is doctor Anees Chagpar

NOTE Confidence: 0.9715331

00:13:46.009 --> 00:13:48.418 and I'm joined tonight by my

NOTE Confidence: 0.9715331

00:13:48.418 --> 00:13:50.178 guest doctor Kathleen Suozzi.

NOTE Confidence: 0.9715331

00:13:50.180 --> 00:13:52.442 We're talking about skin cancer and

NOTE Confidence: 0.9715331

00:13:52.442 --> 00:13:55.170 sun safety and right before the break,

NOTE Confidence: 0.9715331

00:13:55.170 --> 00:13:57.474 Katie you were starting to talk

NOTE Confidence: 0.9715331

00:13:57.474 --> 00:13:58.626 about protective clothing.

NOTE Confidence: 0.9715331

00:13:58.630 --> 00:14:01.318 So when I think about going outside,

NOTE Confidence: 0.9715331

00:14:01.320 --> 00:14:03.707 you know part of the reason is

NOTE Confidence: 0.9715331

00:14:03.707 --> 00:14:05.988 that it's warm and it's beautiful

NOTE Confidence: 0.9715331

00:14:05.988 --> 00:14:08.746 and nobody really wants to wear a

NOTE Confidence: 0.9715331

00:14:08.823 --> 00:14:11.397 long sleeve shirt and full length
NOTE Confidence: 0.9715331

00:14:11.400 --> 00:14:13.004 pants and a hat.
NOTE Confidence: 0.9715331

00:14:13.004 --> 00:14:15.410 How important is it to keep
NOTE Confidence: 0.9715331

00:14:15.507 --> 00:14:17.148 really covered up?
NOTE Confidence: 0.9225895000000001

00:14:18.010 --> 00:14:20.734 Well, the great thing about protective
NOTE Confidence: 0.9225895000000001

00:14:20.734 --> 00:14:23.213 clothing is the convenience factor that
NOTE Confidence: 0.9225895000000001

00:14:23.213 --> 00:14:26.200 you put it on and don't need to reapply.
NOTE Confidence: 0.9225895000000001

00:14:26.200 --> 00:14:27.760 And so for example,
NOTE Confidence: 0.9225895000000001

00:14:27.760 --> 00:14:29.710 a regular white T shirt.
NOTE Confidence: 0.9225895000000001

00:14:29.710 --> 00:14:32.440 So when we talk about protective clothing
NOTE Confidence: 0.9225895000000001

00:14:32.440 --> 00:14:35.170 instead of SPF, we talk about UPF.
NOTE Confidence: 0.9225895000000001

00:14:35.170 --> 00:14:37.510 UPF measures the transmission of ultraviolet,
NOTE Confidence: 0.9225895000000001

00:14:37.510 --> 00:14:39.770 so it's ultraviolet protective factor
NOTE Confidence: 0.9225895000000001

00:14:39.770 --> 00:14:43.404 and so a regular white T shirt has a
NOTE Confidence: 0.9225895000000001

00:14:43.404 --> 00:14:46.478 UPF somewhere on the order of five to seven,
NOTE Confidence: 0.9225895000000001

00:14:46.480 --> 00:14:48.700 whereas the Sun protective clothing,

NOTE Confidence: 0.9225895000000001
00:14:48.700 --> 00:14:51.129 the UPF factor is around 50,
NOTE Confidence: 0.9225895000000001
00:14:51.130 --> 00:14:53.850 so it doesn't mean that you don't need
NOTE Confidence: 0.9225895000000001
00:14:53.850 --> 00:14:56.327 sunscreen in the areas of exposed skin,
NOTE Confidence: 0.9225895000000001
00:14:56.330 --> 00:14:58.460 but by choosing that specific sun
NOTE Confidence: 0.9225895000000001
00:14:58.460 --> 00:15:00.268 protective clothing instead of the
NOTE Confidence: 0.9225895000000001
00:15:00.268 --> 00:15:01.888 normal clothing you would wear,
NOTE Confidence: 0.9225895000000001
00:15:01.890 --> 00:15:03.620 you're better protected in the
NOTE Confidence: 0.9225895000000001
00:15:03.620 --> 00:15:05.004 areas that are covered.
NOTE Confidence: 0.9225895000000001
00:15:05.010 --> 00:15:06.048 So tell us
NOTE Confidence: 0.9802264
00:15:06.050 --> 00:15:07.785 more about Sun Protective clothing
NOTE Confidence: 0.9802264
00:15:07.785 --> 00:15:10.209 because I think a lot of people,
NOTE Confidence: 0.9802264
00:15:10.210 --> 00:15:11.950 when they think about
NOTE Confidence: 0.9802264
00:15:11.950 --> 00:15:14.248 wearing protective clothing from the
NOTE Confidence: 0.9802264
00:15:14.248 --> 00:15:17.150 sun are thinking well instead of a T shirt,
NOTE Confidence: 0.9802264
00:15:17.150 --> 00:15:19.310 I'll grab a long sleeve shirt.
NOTE Confidence: 0.9802264

00:15:19.310 --> 00:15:21.950 Or instead of short shorts,
NOTE Confidence: 0.9802264

00:15:21.950 --> 00:15:24.514 I will grab cotton pants,
NOTE Confidence: 0.9802264

00:15:24.514 --> 00:15:27.250 but I think what you are talking about
NOTE Confidence: 0.9802264

00:15:27.321 --> 00:15:29.847 is really clothing that is specially
NOTE Confidence: 0.9802264

00:15:29.847 --> 00:15:32.129 designed to protect against UV rays.
NOTE Confidence: 0.9802264

00:15:32.130 --> 00:15:34.015 Can you tell us more
NOTE Confidence: 0.9802264

00:15:34.015 --> 00:15:35.900 about where we find that?
NOTE Confidence: 0.9802264

00:15:35.900 --> 00:15:37.364 How are they labeled?
NOTE Confidence: 0.9802264

00:15:37.364 --> 00:15:39.560 Can we see how much protective
NOTE Confidence: 0.9802264

00:15:39.635 --> 00:15:41.535 factor we're getting and what
NOTE Confidence: 0.9802264

00:15:41.535 --> 00:15:43.435 should we be aiming for?
NOTE Confidence: 0.9398303

00:15:44.410 --> 00:15:47.140 Yeah, so the market for some protective
NOTE Confidence: 0.9398303

00:15:47.140 --> 00:15:49.839 clothing has really grown in recent years.
NOTE Confidence: 0.9398303

00:15:49.840 --> 00:15:52.710 There used to be limited brands that
NOTE Confidence: 0.9398303

00:15:52.710 --> 00:15:55.445 had this technology that has to do
NOTE Confidence: 0.9398303

00:15:55.445 --> 00:15:57.593 with the weaving and the material,

NOTE Confidence: 0.9398303

00:15:57.600 --> 00:16:01.083 the type of material that they use,

NOTE Confidence: 0.9398303

00:16:01.090 --> 00:16:03.712 but now even more mainstream brands

NOTE Confidence: 0.9398303

00:16:03.712 --> 00:16:05.898 are carrying clothing that are

NOTE Confidence: 0.9398303

00:16:05.898 --> 00:16:07.698 specifically UPF rated and that

NOTE Confidence: 0.9398303

00:16:07.698 --> 00:16:10.410 UPF is what you want to look for.

NOTE Confidence: 0.9398303

00:16:10.410 --> 00:16:13.203 So on the label it will say

NOTE Confidence: 0.9398303

00:16:13.203 --> 00:16:14.400 that this garment

NOTE Confidence: 0.9398303

00:16:14.400 --> 00:16:17.165 is UPF X and usually they'll carry

NOTE Confidence: 0.9398303

00:16:17.165 --> 00:16:20.865 around a UPF of 30 to 50 and

NOTE Confidence: 0.9398303

00:16:20.865 --> 00:16:22.988 UPF 50 that's corresponding to

NOTE Confidence: 0.9398303

00:16:22.988 --> 00:16:25.141 blocking 98% of UV transmission,

NOTE Confidence: 0.9398303

00:16:25.141 --> 00:16:27.763 which is about equal to what

NOTE Confidence: 0.9398303

00:16:27.763 --> 00:16:30.385 I said at SPF 30 is doing,

NOTE Confidence: 0.9398303

00:16:30.390 --> 00:16:33.294 so that's what you want to look for

NOTE Confidence: 0.9398303

00:16:33.294 --> 00:16:35.718 when you're looking for clothing.

NOTE Confidence: 0.9398303

00:16:35.720 --> 00:16:36.540 So the
NOTE Confidence: 0.9120631

00:16:36.540 --> 00:16:38.112 next question I have,
NOTE Confidence: 0.9120631

00:16:38.112 --> 00:16:40.977 Katie is with regards to when you
NOTE Confidence: 0.9120631

00:16:40.977 --> 00:16:43.097 say covering up and applying
NOTE Confidence: 0.9120631

00:16:43.100 --> 00:16:45.950 sunscreen head to toe.
NOTE Confidence: 0.9120631

00:16:45.950 --> 00:16:47.570 Let's talk about toes.
NOTE Confidence: 0.9120631

00:16:47.570 --> 00:16:50.414 You know we generally
NOTE Confidence: 0.9120631

00:16:50.414 --> 00:16:52.444 speaking do not wear socks,
NOTE Confidence: 0.9120631

00:16:52.450 --> 00:16:54.370 and you know covered shoes
NOTE Confidence: 0.9120631

00:16:54.370 --> 00:16:56.910 when we go to the beach.
NOTE Confidence: 0.9120631

00:16:56.910 --> 00:16:59.190 And yet we know that some
NOTE Confidence: 0.9120631

00:16:59.190 --> 00:17:01.230 skin cancers can occur on
NOTE Confidence: 0.9120631

00:17:01.230 --> 00:17:03.410 peoples feet and peoples toes.
NOTE Confidence: 0.9120631

00:17:03.410 --> 00:17:05.030 Can you talk about
NOTE Confidence: 0.98657495

00:17:05.030 --> 00:17:07.060 how we protect our feet?
NOTE Confidence: 0.98657495

00:17:07.060 --> 00:17:09.090 Yeah, so this is actually

NOTE Confidence: 0.98657495

00:17:09.090 --> 00:17:10.308 an interesting discussion.

NOTE Confidence: 0.98657495

00:17:10.310 --> 00:17:12.728 So when we think about skin

NOTE Confidence: 0.98657495

00:17:12.728 --> 00:17:15.180 cancers that occur on the feet,

NOTE Confidence: 0.98657495

00:17:15.180 --> 00:17:17.280 there are the non Melanoma

NOTE Confidence: 0.98657495

00:17:17.280 --> 00:17:19.310 type of skin cancers which we could

NOTE Confidence: 0.98657495

00:17:19.310 --> 00:17:21.450 get into a little more detail,

NOTE Confidence: 0.98657495

00:17:21.450 --> 00:17:23.669 but these are the basal cell and

NOTE Confidence: 0.98657495

00:17:23.669 --> 00:17:25.642 squamous cell type of skin cancers

NOTE Confidence: 0.98657495

00:17:25.642 --> 00:17:27.861 and as a skin cancer surgeon

NOTE Confidence: 0.98657495

00:17:27.870 --> 00:17:29.585 often I'm treating these types

NOTE Confidence: 0.98657495

00:17:29.585 --> 00:17:32.245 of skin cancers on the back of a

NOTE Confidence: 0.98657495

00:17:32.245 --> 00:17:34.282 person's foot and just as you said,

NOTE Confidence: 0.98657495

00:17:34.290 --> 00:17:36.474 I think that's related to the increased

NOTE Confidence: 0.98657495

00:17:36.474 --> 00:17:38.789 sun exposure that these areas are getting.

NOTE Confidence: 0.98657495

00:17:38.790 --> 00:17:40.926 And probably many people could remember

NOTE Confidence: 0.98657495

00:17:40.926 --> 00:17:43.249 getting a bad sunburn on their feet
NOTE Confidence: 0.98657495

00:17:43.249 --> 00:17:45.209 at one point in the summer months.
NOTE Confidence: 0.98657495

00:17:45.210 --> 00:17:46.860 But then there's also the
NOTE Confidence: 0.98657495

00:17:46.860 --> 00:17:48.180 type of skin cancers
NOTE Confidence: 0.98657495

00:17:48.180 --> 00:17:50.826 that occur in and around the nail,
NOTE Confidence: 0.98657495

00:17:50.830 --> 00:17:53.158 and these include both Melanoma and
NOTE Confidence: 0.98657495

00:17:53.158 --> 00:17:55.863 squamous cell type of skin cancers and
NOTE Confidence: 0.98657495

00:17:55.863 --> 00:17:58.390 the ones that occur around the nail
NOTE Confidence: 0.98657495

00:17:58.390 --> 00:18:00.784 they have drivers that aren't just
NOTE Confidence: 0.98657495

00:18:00.784 --> 00:18:03.505 sun related and this might be outside
NOTE Confidence: 0.98657495

00:18:03.505 --> 00:18:05.941 of the scope of our talk today,
NOTE Confidence: 0.98657495

00:18:05.950 --> 00:18:07.835 but they have different genetic
NOTE Confidence: 0.98657495

00:18:07.835 --> 00:18:10.100 causes for the squamous cell type.
NOTE Confidence: 0.98657495

00:18:10.100 --> 00:18:12.676 They can be virally related and for
NOTE Confidence: 0.98657495

00:18:12.676 --> 00:18:15.458 the Melanoma type these are the type of
NOTE Confidence: 0.98657495

00:18:15.458 --> 00:18:18.520 melanomas that we see in increased frequency

NOTE Confidence: 0.98657495

00:18:18.520 --> 00:18:20.144 in African American patients,

NOTE Confidence: 0.98657495

00:18:20.144 --> 00:18:22.580 Bob Marley is the

NOTE Confidence: 0.98657495

00:18:22.580 --> 00:18:24.610 famous person who died from

NOTE Confidence: 0.98657495

00:18:24.610 --> 00:18:25.828 a subungal Melanoma,

NOTE Confidence: 0.98657495

00:18:25.830 --> 00:18:29.078 and so these are not necessarily sun related.

NOTE Confidence: 0.98657495

00:18:29.080 --> 00:18:31.894 But one thing that is interesting and

NOTE Confidence: 0.98657495

00:18:31.894 --> 00:18:35.500 is an area of active research is if UV

NOTE Confidence: 0.98657495

00:18:35.500 --> 00:18:39.228 light that is used in nail salons to harden,

NOTE Confidence: 0.98657495

00:18:39.230 --> 00:18:39.635 nail polish,

NOTE Confidence: 0.98657495

00:18:39.635 --> 00:18:42.065 or help dry nail polish,

NOTE Confidence: 0.98657495

00:18:42.070 --> 00:18:44.100 particularly for these longer wear,

NOTE Confidence: 0.98657495

00:18:44.100 --> 00:18:46.482 nail polishes might have any meaningful

NOTE Confidence: 0.98657495

00:18:46.482 --> 00:18:48.640 increased risk for skin cancers

NOTE Confidence: 0.98657495

00:18:48.640 --> 00:18:51.376 in and around the toes and hands so

NOTE Confidence: 0.96081555

00:18:51.380 --> 00:18:54.236 does that mean that we should be wearing

NOTE Confidence: 0.96081555

00:18:54.236 --> 00:18:56.510 sunscreen on our hands before we go
NOTE Confidence: 0.96081555

00:18:56.510 --> 00:18:58.220 to a nail salon?
NOTE Confidence: 0.96081555

00:18:58.220 --> 00:19:01.289 I think we need some more data,
NOTE Confidence: 0.96081555

00:19:01.290 --> 00:19:03.600 but there are these great gloves that
NOTE Confidence: 0.96081555

00:19:03.600 --> 00:19:06.079 you can get that cover the
NOTE Confidence: 0.96081555

00:19:06.080 --> 00:19:08.664 skin on the hands while your hands
NOTE Confidence: 0.96081555

00:19:08.664 --> 00:19:11.212 are under those light beds, but again,
NOTE Confidence: 0.96081555

00:19:11.212 --> 00:19:13.258 that's not protecting the nail unit.
NOTE Confidence: 0.96081555

00:19:13.260 --> 00:19:15.940 So in general, what I recommend is if
NOTE Confidence: 0.96081555

00:19:15.940 --> 00:19:18.828 patients are getting these type of manicures
NOTE Confidence: 0.96081555

00:19:18.830 --> 00:19:19.823 rarely or infrequently,
NOTE Confidence: 0.96081555

00:19:19.823 --> 00:19:21.809 it's probably not increasing their risk,
NOTE Confidence: 0.96081555

00:19:21.810 --> 00:19:23.980 but for those people who get these
NOTE Confidence: 0.96081555

00:19:23.980 --> 00:19:26.109 type of manicures every single month,
NOTE Confidence: 0.96081555

00:19:26.110 --> 00:19:28.819 we may find that their risk of skin cancer
NOTE Confidence: 0.96081555

00:19:28.819 --> 00:19:31.410 in and around the nail is increased.

NOTE Confidence: 0.96081555

00:19:31.410 --> 00:19:34.058 But we don't quite have that data yet.

00:19:34.720 --> 00:19:37.318 My next question has to do with hats.

NOTE Confidence: 0.9891768

00:19:37.318 --> 00:19:40.227 Back in the day when we used to talk

NOTE Confidence: 0.9891768

00:19:40.227 --> 00:19:42.357 about slap on some sunscreen and

NOTE Confidence: 0.9891768

00:19:42.357 --> 00:19:45.309 slap on a shirt and slap on a hat.

NOTE Confidence: 0.9891768

00:19:45.310 --> 00:19:47.627 But the truth of the matter is,

NOTE Confidence: 0.9891768

00:19:47.630 --> 00:19:49.630 how much benefit

NOTE Confidence: 0.9891768

00:19:49.630 --> 00:19:51.514 do we get from a wide brimmed

NOTE Confidence: 0.9891768

00:19:51.514 --> 00:19:53.460 hat when we go outside.

NOTE Confidence: 0.9891768

00:19:53.460 --> 00:19:55.548 Clearly, unless we don't have hair

NOTE Confidence: 0.9891768

00:19:55.550 --> 00:19:57.290 we can't use sunscreen there.

NOTE Confidence: 0.9891768

00:19:57.290 --> 00:19:59.030 And certainly skin cancers

NOTE Confidence: 0.9891768

00:19:59.030 --> 00:20:00.770 can occur on the scalp.

NOTE Confidence: 0.9891768

00:20:00.770 --> 00:20:03.522 But how frequent is that and how much

NOTE Confidence: 0.9891768

00:20:03.522 --> 00:20:06.328 does a hat really help us?

NOTE Confidence: 0.9877101

00:20:06.330 --> 00:20:08.070 Skin cancers on the scalp are

NOTE Confidence: 0.9877101

00:20:08.070 --> 00:20:09.114 actually quite frequent.

NOTE Confidence: 0.9877101

00:20:09.120 --> 00:20:10.855 You can imagine in patients

NOTE Confidence: 0.9877101

00:20:10.855 --> 00:20:12.839 like you said, who are bald,

NOTE Confidence: 0.9877101

00:20:12.839 --> 00:20:15.497 that's going to be a very common

NOTE Confidence: 0.9877101

00:20:15.497 --> 00:20:17.819 site where we see skin cancers,

NOTE Confidence: 0.9877101

00:20:17.820 --> 00:20:19.690 but I treat many women

NOTE Confidence: 0.9877101

00:20:19.690 --> 00:20:22 with full heads of hair that developed

NOTE Confidence: 0.9877101

00:20:22.084 --> 00:20:24.598 skin cancers on the scalp and again

NOTE Confidence: 0.9877101

00:20:24.598 --> 00:20:26.373 this harkens back to childhood

NOTE Confidence: 0.9877101

00:20:26.373 --> 00:20:28.184 where you can probably remember

NOTE Confidence: 0.9877101

00:20:28.184 --> 00:20:30.621 getting a bad burn within the part

NOTE Confidence: 0.9877101

00:20:30.621 --> 00:20:32.667 of your scalp 'cause it wasn't

NOTE Confidence: 0.9877101

00:20:32.667 --> 00:20:34.874 protected and so hats are actually

NOTE Confidence: 0.9877101

00:20:34.874 --> 00:20:37.112 very effective for this purpose and

NOTE Confidence: 0.9877101

00:20:37.112 --> 00:20:39.460 the type of hat you wear matters.

NOTE Confidence: 0.9877101

00:20:39.460 --> 00:20:41.924 So you mentioned a wide brim hat,
NOTE Confidence: 0.9877101

00:20:41.930 --> 00:20:44.738 so this is something that is
NOTE Confidence: 0.9877101

00:20:44.738 --> 00:20:46.869 different than just a baseball cap.
NOTE Confidence: 0.9877101

00:20:46.870 --> 00:20:48.640 A baseball cap, for example,
NOTE Confidence: 0.9877101

00:20:48.640 --> 00:20:50.878 doesn't even give you full coverage
NOTE Confidence: 0.9877101

00:20:50.880 --> 00:20:52.952 down to the tip of your nose
NOTE Confidence: 0.9877101

00:20:52.952 --> 00:20:55.370 so it is effective for
NOTE Confidence: 0.9877101

00:20:55.370 --> 00:20:57.882 the top of the scalp but is
NOTE Confidence: 0.9877101

00:20:57.882 --> 00:21:00.537 not going to protect the lower face.
NOTE Confidence: 0.9877101

00:21:00.540 --> 00:21:01.190 And again,
NOTE Confidence: 0.9877101

00:21:01.190 --> 00:21:02.815 they're now making hats that
NOTE Confidence: 0.9877101

00:21:02.815 --> 00:21:04.340 have UPF rated factors,
NOTE Confidence: 0.9877101

00:21:04.340 --> 00:21:06.932 so look for ones that have a UPF
NOTE Confidence: 0.9877101

00:21:06.932 --> 00:21:09.276 rating that was going to be better
NOTE Confidence: 0.9877101

00:21:09.276 --> 00:21:11.930 than a white baseball cap,
NOTE Confidence: 0.9877101

00:21:11.930 --> 00:21:13.994 which is not going to give

NOTE Confidence: 0.9877101

00:21:13.994 --> 00:21:15.026 you full protection.

NOTE Confidence: 0.9877101

00:21:15.030 --> 00:21:17.445 So the other thing to know though,

NOTE Confidence: 0.9877101

00:21:17.450 --> 00:21:20.210 is that you can have reflected UV off

NOTE Confidence: 0.9877101

00:21:20.210 --> 00:21:22.428 the ground, particularly on the water.

NOTE Confidence: 0.9877101

00:21:22.428 --> 00:21:25.100 And I see this in boaters all

NOTE Confidence: 0.9877101

00:21:25.100 --> 00:21:27.200 the time that have a hat on,

NOTE Confidence: 0.9877101

00:21:27.200 --> 00:21:29.664 but they're getting a lot of reflected

NOTE Confidence: 0.9877101

00:21:29.664 --> 00:21:31.689 UV that's coming off the water.

NOTE Confidence: 0.9877101

00:21:31.690 --> 00:21:33.410 Or swimmers, etc.

NOTE Confidence: 0.9877101

00:21:33.410 --> 00:21:35.294 And also the other place is when

NOTE Confidence: 0.9877101

00:21:35.294 --> 00:21:37.210 you're on the ski mountain,

NOTE Confidence: 0.9877101

00:21:37.210 --> 00:21:39.522 the UV reflection off the snow and even

NOTE Confidence: 0.9877101

00:21:39.522 --> 00:21:42.040 off concrete or different surfaces.

NOTE Confidence: 0.9877101

00:21:42.040 --> 00:21:43.412 There is reflected UV,

NOTE Confidence: 0.9877101

00:21:43.412 --> 00:21:45.470 so that's going to come up

NOTE Confidence: 0.9877101

00:21:45.540 --> 00:21:46.868 and under your hat.
NOTE Confidence: 0.9877101

00:21:46.870 --> 00:21:49.286 But I am a big advocate for wide
NOTE Confidence: 0.9877101

00:21:49.286 --> 00:21:51.497 brim hats, we're trying to make
NOTE Confidence: 0.9877101

00:21:51.497 --> 00:21:53.412 them cool and stylish again.
NOTE Confidence: 0.9865057

00:21:54.610 --> 00:21:57.666 And then finally the other question has to
NOTE Confidence: 0.9865057

00:21:57.670 --> 00:21:59.800 do with, you've talked a
NOTE Confidence: 0.9865057

00:21:59.800 --> 00:22:01.707 little bit about people getting
NOTE Confidence: 0.9865057

00:22:01.707 --> 00:22:04.155 sunburn and we know that sunburn,
NOTE Confidence: 0.9865057

00:22:04.160 --> 00:22:05.306 particularly in childhood,
NOTE Confidence: 0.9865057

00:22:05.306 --> 00:22:07.980 will increase your risk of skin cancer.
NOTE Confidence: 0.9865057

00:22:07.980 --> 00:22:09.890 But there are some people,
NOTE Confidence: 0.9865057

00:22:09.890 --> 00:22:11.800 particularly who are darker skinned
NOTE Confidence: 0.9865057

00:22:11.800 --> 00:22:13.710 who rather than burning, tan.
NOTE Confidence: 0.9865057

00:22:13.710 --> 00:22:16.440 So how important is it for them
NOTE Confidence: 0.9865057

00:22:16.440 --> 00:22:19.057 also to engage in all of these
NOTE Confidence: 0.9865057

00:22:19.060 --> 00:22:20.203 sun protective measures?

NOTE Confidence: 0.9865057
00:22:20.203 --> 00:22:22.108 Is it just as important,
NOTE Confidence: 0.9865057
00:22:22.110 --> 00:22:24.390 or do they have some
NOTE Confidence: 0.9865057
00:22:24.390 --> 00:22:25.958 protection already?
NOTE Confidence: 0.9885017
00:22:25.960 --> 00:22:28.318 Let's go back to your
NOTE Confidence: 0.9885017
00:22:28.318 --> 00:22:29.497 point about sunburns.
NOTE Confidence: 0.9885017
00:22:29.500 --> 00:22:31.900 I think that it's really important
NOTE Confidence: 0.9885017
00:22:31.900 --> 00:22:34.608 to focus on this for a second.
NOTE Confidence: 0.9885017
00:22:34.610 --> 00:22:36.908 If you have had more than
NOTE Confidence: 0.9885017
00:22:36.908 --> 00:22:38.930 five sunburns in your life,
NOTE Confidence: 0.9885017
00:22:38.930 --> 00:22:40.900 your risk of Melanoma doubles.
NOTE Confidence: 0.9885017
00:22:40.900 --> 00:22:43.252 If you have had more than
NOTE Confidence: 0.9885017
00:22:43.252 --> 00:22:44.428 one blistering sunburn,
NOTE Confidence: 0.9885017
00:22:44.430 --> 00:22:46.400 your risk of Melanoma doubles.
NOTE Confidence: 0.9885017
00:22:46.400 --> 00:22:48.360 So that's really, really significant,
NOTE Confidence: 0.9885017
00:22:48.360 --> 00:22:50.325 and these sunburns are most
NOTE Confidence: 0.9885017

00:22:50.325 --> 00:22:52.308 often in your youth.
NOTE Confidence: 0.9885017

00:22:52.308 --> 00:22:55.164 We know that that damage
NOTE Confidence: 0.9885017

00:22:55.170 --> 00:22:55.816 occurs early,
NOTE Confidence: 0.9885017

00:22:55.816 --> 00:22:58.077 and that's why sun protection for our
NOTE Confidence: 0.9885017

00:22:58.077 --> 00:23:00.618 kids is so critically critically important.
NOTE Confidence: 0.9885017

00:23:00.620 --> 00:23:02.435 So let's talk about the
NOTE Confidence: 0.9885017

00:23:02.435 --> 00:23:04.250 other forms of skin cancer.
NOTE Confidence: 0.9885017

00:23:04.250 --> 00:23:06.338 Basal cell carcinoma is also associated
NOTE Confidence: 0.9885017

00:23:06.338 --> 00:23:08.240 with intense intermittent sun exposure,
NOTE Confidence: 0.9885017

00:23:08.240 --> 00:23:10.154 so the sun exposure
NOTE Confidence: 0.9885017

00:23:10.154 --> 00:23:12.590 you get on your summer holiday,
NOTE Confidence: 0.9885017

00:23:12.590 --> 00:23:15.494 and this includes going back into your youth.
NOTE Confidence: 0.9885017

00:23:15.500 --> 00:23:17.315 But this doesn't even need
NOTE Confidence: 0.9885017

00:23:17.315 --> 00:23:19.130 to necessarily be a sunburn,
NOTE Confidence: 0.9885017

00:23:19.130 --> 00:23:20.578 just that intense intermittent
NOTE Confidence: 0.9885017

00:23:20.578 --> 00:23:21.664 exposure squamous cell,

NOTE Confidence: 0.9885017

00:23:21.670 --> 00:23:23.150 on the other hand,

NOTE Confidence: 0.9885017

00:23:23.150 --> 00:23:25.370 is more associated with chronic lifetime

NOTE Confidence: 0.9885017

00:23:25.370 --> 00:23:28.639 exposure and so that's an exposure

NOTE Confidence: 0.9885017

00:23:28.639 --> 00:23:31.580 that accumulates with time and leads to

NOTE Confidence: 0.9885017

00:23:31.580 --> 00:23:34.484 increased risk of squamous cell carcinoma.

NOTE Confidence: 0.9885017

00:23:34.490 --> 00:23:37.442 So patients who have higher endogenous

NOTE Confidence: 0.9885017

00:23:37.442 --> 00:23:39.935 pigmentation, have darker skin types,

NOTE Confidence: 0.9885017

00:23:39.935 --> 00:23:42.165 do have inherent UV protection,

NOTE Confidence: 0.9885017

00:23:42.170 --> 00:23:44.302 but that doesn't mean

NOTE Confidence: 0.9885017

00:23:44.302 --> 00:23:46. that they're fully immune,

NOTE Confidence: 0.9885017

00:23:46.440 --> 00:23:48.590 so for example,

NOTE Confidence: 0.9885017

00:23:48.590 --> 00:23:51.092 we see many Hispanic patients that

NOTE Confidence: 0.9885017

00:23:51.092 --> 00:23:53.320 develop non Melanoma skin cancer.

NOTE Confidence: 0.9885017

00:23:53.320 --> 00:23:54.262 In fact,

NOTE Confidence: 0.9885017

00:23:54.262 --> 00:23:56.617 the statistics for Hispanic populations

NOTE Confidence: 0.9885017

00:23:56.617 --> 00:23:59.770 are about four to 5% of all cancers
NOTE Confidence: 0.9885017

00:23:59.770 --> 00:24:01.490 in the Hispanic population,
NOTE Confidence: 0.9885017

00:24:01.490 --> 00:24:03.640 or skin cancers, that's lower
NOTE Confidence: 0.9885017

00:24:03.640 --> 00:24:05.360 for African American patients.
NOTE Confidence: 0.9885017

00:24:05.360 --> 00:24:09.230 That's somewhere on the order of 1 to 2%.
NOTE Confidence: 0.9885017

00:24:09.230 --> 00:24:10.514 So you know,
NOTE Confidence: 0.9885017

00:24:10.514 --> 00:24:12.654 while they do have protection
NOTE Confidence: 0.9885017

00:24:12.654 --> 00:24:14.970 from their darker skin type,
NOTE Confidence: 0.9885017

00:24:14.970 --> 00:24:17.091 It's not perfect and we still see
NOTE Confidence: 0.9885017

00:24:17.091 --> 00:24:19.180 skin cancers in these populations.
NOTE Confidence: 0.9875957

00:24:19.180 --> 00:24:22.020 You had mentioned earlier
NOTE Confidence: 0.9875957

00:24:22.020 --> 00:24:24.540 that African Americans going back to the
NOTE Confidence: 0.9875957

00:24:24.540 --> 00:24:27.359 example of Bob Marley can get skin cancers
NOTE Confidence: 0.9875957

00:24:27.359 --> 00:24:30.078 or melanomas in other places as well.
NOTE Confidence: 0.9875957

00:24:30.078 --> 00:24:32.654 So under the nails and you had
NOTE Confidence: 0.9875957

00:24:32.654 --> 00:24:34.735 mentioned that some people can get

NOTE Confidence: 0.9875957

00:24:34.735 --> 00:24:37.080 even with a full head of hair,

NOTE Confidence: 0.9875957

00:24:37.080 --> 00:24:38.840 skin cancers on their scalp.

NOTE Confidence: 0.9875957

00:24:38.840 --> 00:24:42.040 So I want us to move a little bit from

NOTE Confidence: 0.9875957

00:24:42.126 --> 00:24:45.574 how do we protect ourselves from the sun?

NOTE Confidence: 0.9875957

00:24:45.580 --> 00:24:48.308 To how do we survey our skin and

NOTE Confidence: 0.9875957

00:24:48.308 --> 00:24:51.019 nail beds and other areas to try

NOTE Confidence: 0.9875957

00:24:51.019 --> 00:24:53.520 to find these skin cancers early?

NOTE Confidence: 0.9875957

00:24:53.520 --> 00:24:54.294 Because certainly,

00:24:57.471 --> 00:25:00.082 they may not cause problems in the sense of causing a

NOTE Confidence: 0.9875957

00:25:00.082 --> 00:25:02.707 lump or bleeding or things like that

NOTE Confidence: 0.9875957

00:25:02.707 --> 00:25:05.237 that we may notice with other cancers.

NOTE Confidence: 0.9875957

00:25:05.237 --> 00:25:07.122 And yet, early detection is

NOTE Confidence: 0.9875957

00:25:07.122 --> 00:25:08.253 probably still important.

NOTE Confidence: 0.9875957

00:25:08.260 --> 00:25:10.906 So how do we find them early?

NOTE Confidence: 0.96955335

00:25:12.170 --> 00:25:14.318 So early detection is critically important,

NOTE Confidence: 0.96955335

00:25:14.320 --> 00:25:16.728 and to date, the US preventative task
NOTE Confidence: 0.96955335

00:25:16.728 --> 00:25:19.010 Force that gives us guidelines on
NOTE Confidence: 0.96955335

00:25:19.077 --> 00:25:21.527 cancer screening does not yet have a
NOTE Confidence: 0.96955335

00:25:21.527 --> 00:25:23.630 recommendation for skin cancer screening,
NOTE Confidence: 0.96955335

00:25:23.630 --> 00:25:26.591 and this is a little bit problematic
NOTE Confidence: 0.96955335

00:25:26.591 --> 00:25:29.429 because it's hard for people to know
NOTE Confidence: 0.96955335

00:25:29.430 --> 00:25:32.130 if and when they need to see a dermatologist,
NOTE Confidence: 0.96955335

00:25:32.130 --> 00:25:34.230 and so there's two parts of surveillance.
NOTE Confidence: 0.96955335

00:25:34.230 --> 00:25:36.673 So number one is self screening and
NOTE Confidence: 0.96955335

00:25:36.673 --> 00:25:39.510 we can talk about that in a minute.
NOTE Confidence: 0.96955335

00:25:39.510 --> 00:25:42.667 But #2 is screening by a dermatologist,
NOTE Confidence: 0.96955335

00:25:42.670 --> 00:25:45.950 and so what I recommend is that everyone
NOTE Confidence: 0.96955335

00:25:45.950 --> 00:25:50.154 have a baseline full body skin exam by
NOTE Confidence: 0.96955335

00:25:50.154 --> 00:25:52.822 a board certified dermatologist after
NOTE Confidence: 0.96955335

00:25:52.822 --> 00:25:56.650 that exam and with a review of the
NOTE Confidence: 0.96955335

00:25:56.650 --> 00:25:59.350 patients background and other risk factors,

NOTE Confidence: 0.96955335

00:25:59.350 --> 00:26:02.098 the dermatologists can then recommend whether

NOTE Confidence: 0.96955335

00:26:02.098 --> 00:26:04.770 that patient needs annual exams,

NOTE Confidence: 0.96955335

00:26:04.770 --> 00:26:06.570 more frequent exams or

NOTE Confidence: 0.96955335

00:26:06.570 --> 00:26:08.370 needs less frequent exams.

NOTE Confidence: 0.96955335

00:26:08.370 --> 00:26:10.518 So that's very important.

NOTE Confidence: 0.96955335

00:26:10.518 --> 00:26:12.129 Then in addition,

NOTE Confidence: 0.96955335

00:26:12.130 --> 00:26:13.978 self exam is also very important

NOTE Confidence: 0.96955335

00:26:13.978 --> 00:26:16.511 and what is probably the most

NOTE Confidence: 0.96955335

00:26:16.511 --> 00:26:18.571 important factor for detecting skin

NOTE Confidence: 0.96955335

00:26:18.571 --> 00:26:20.909 cancer is evolution of a lesion,

NOTE Confidence: 0.96955335

00:26:20.910 --> 00:26:23.395 and as a dermatologist

NOTE Confidence: 0.96955335

00:26:23.395 --> 00:26:25.299 when we're doing skin exams,

NOTE Confidence: 0.96955335

00:26:25.300 --> 00:26:27.460 we're only seeing any lesion on

NOTE Confidence: 0.96955335

00:26:27.460 --> 00:26:30.059 the skin at one point in time,

NOTE Confidence: 0.96955335

00:26:30.060 --> 00:26:32.544 so I put a lot of stock in when

NOTE Confidence: 0.96955335

00:26:32.544 --> 00:26:35.459 a patient tells me look this mole

NOTE Confidence: 0.96955335

00:26:35.459 --> 00:26:38.394 used to be pinpoint and now it's

NOTE Confidence: 0.96955335

00:26:38.394 --> 00:26:40.680 the size of a pencil eraser.

NOTE Confidence: 0.96955335

00:26:40.680 --> 00:26:41.766 I know it's worrying,

00:26:42.128 --> 00:26:44.300 and even if my exam does

NOTE Confidence: 0.96955335

00:26:44.389 --> 00:26:46.747 not elevate a lot of alarms,

NOTE Confidence: 0.96955335

00:26:46.750 --> 00:26:48.988 that history of evolution of the

NOTE Confidence: 0.96955335

00:26:48.988 --> 00:26:52.200 lesion is going to put me at a higher

NOTE Confidence: 0.96955335

00:26:52.200 --> 00:26:54.579 alert that it might need a biopsy.

NOTE Confidence: 0.96955335

00:26:54.580 --> 00:26:56.052 But in general,

NOTE Confidence: 0.96955335

00:26:56.052 --> 00:26:57.892 there's different things

NOTE Confidence: 0.96955335

00:26:57.892 --> 00:27:00.496 to look for when we're talking about

NOTE Confidence: 0.96955335

00:27:00.496 --> 00:27:02.848 non Melanoma type of skin cancers

NOTE Confidence: 0.96955335

00:27:02.848 --> 00:27:05.356 versus Melanoma type of skin cancers.

NOTE Confidence: 0.96955335

00:27:05.360 --> 00:27:08.320 So for non Melanoma type of skin cancers,

NOTE Confidence: 0.96955335

00:27:08.320 --> 00:27:10.840 again this is the basal cell and

NOTE Confidence: 0.96955335

00:27:10.840 --> 00:27:13.129 squamous cell type of skin cancers,
NOTE Confidence: 0.96955335

00:27:13.130 --> 00:27:15.350 these can present really with a
NOTE Confidence: 0.96955335

00:27:15.350 --> 00:27:16.830 variety of clinical presentations,
NOTE Confidence: 0.96955335

00:27:16.830 --> 00:27:19.358 but often what I tell patients is to
NOTE Confidence: 0.96955335

00:27:19.358 --> 00:27:21.638 report anything that bleeds spontaneously,
NOTE Confidence: 0.96955335

00:27:21.640 --> 00:27:24.344 so a lesion on the skin that keeps
NOTE Confidence: 0.96955335

00:27:24.344 --> 00:27:26.888 developing a scab and you can't really
NOTE Confidence: 0.96955335

00:27:26.888 --> 00:27:29.570 point to any trauma that that lesion
NOTE Confidence: 0.96955335

00:27:29.570 --> 00:27:31.994 has had that should be evaluated.
NOTE Confidence: 0.96955335

00:27:32.000 --> 00:27:34.723 Also a lesion on the skin that's
NOTE Confidence: 0.96955335

00:27:34.723 --> 00:27:35.890 tender to touch.
NOTE Confidence: 0.96955335

00:27:35.890 --> 00:27:39.096 Have that evaluated sooner rather than later.
NOTE Confidence: 0.96955335

00:27:39.100 --> 00:27:42.236 In terms of the Melanoma type of skin
NOTE Confidence: 0.96955335

00:27:42.236 --> 00:27:44.590 cancers, we have the mnemonic ABCDE,
NOTE Confidence: 0.96955335

00:27:44.590 --> 00:27:46.158 and this refers to
NOTE Confidence: 0.96955335

00:27:46.158 --> 00:27:48.510 when you're evaluating moles at home,

NOTE Confidence: 0.96955335
00:27:48.510 --> 00:27:50.102 things to look for.
NOTE Confidence: 0.96955335
00:27:50.102 --> 00:27:53.489 So a stands for asymmetry of the lesion.
NOTE Confidence: 0.96955335
00:27:53.490 --> 00:27:55.842 You know if you were to cut the
NOTE Confidence: 0.96955335
00:27:55.842 --> 00:27:58.089 lesion in half in any direction,
NOTE Confidence: 0.96955335
00:27:58.090 --> 00:28:00.706 does it look the same on both sides?
NOTE Confidence: 0.96955335
00:28:00.710 --> 00:28:01.950 B is for border.
NOTE Confidence: 0.96955335
00:28:01.950 --> 00:28:04.231 Is it a smooth round lesion or
NOTE Confidence: 0.96955335
00:28:04.231 --> 00:28:06.289 does it have some jagged edges?
NOTE Confidence: 0.96955335
00:28:06.290 --> 00:28:08.906 C is for color. Is the color uniform?
NOTE Confidence: 0.96955335
00:28:08.910 --> 00:28:11.206 Are there different colors within the lesion,
NOTE Confidence: 0.96955335
00:28:11.210 --> 00:28:13.166 particularly are there areas of blue,
NOTE Confidence: 0.96955335
00:28:13.170 --> 00:28:15.606 red or white in addition to
NOTE Confidence: 0.96955335
00:28:15.606 --> 00:28:17.230 different shades of brown?
NOTE Confidence: 0.96955335
00:28:17.230 --> 00:28:18.646 D is for diameter.
NOTE Confidence: 0.96955335
00:28:18.646 --> 00:28:20.770 When the lesion is greater than
NOTE Confidence: 0.96955335

00:28:20.842 --> 00:28:22.918 5 millimeters or about the size
NOTE Confidence: 0.96955335

00:28:22.918 --> 00:28:24.302 of a pencil eraser
NOTE Confidence: 0.961553340000001

00:28:24.382 --> 00:28:26.790 and E is what I already mentioned,
NOTE Confidence: 0.961553340000001

00:28:26.790 --> 00:28:28.908 evolution, has this lesion been changing?
NOTE Confidence: 0.9311002

00:28:29.610 --> 00:28:31.914 Doctor Kathleen Suozzi is an assistant
NOTE Confidence: 0.9311002

00:28:31.914 --> 00:28:33.887 professor of dermatology and dermatologic
NOTE Confidence: 0.9311002

00:28:33.887 --> 00:28:36.498 surgery at the Yale School of Medicine.
NOTE Confidence: 0.9311002

00:28:36.500 --> 00:28:39.097 If you have questions the addresses cancer
NOTE Confidence: 0.9311002

00:28:39.097 --> 00:28:41.588 answers at yale.edu and past editions of
NOTE Confidence: 0.9311002

00:28:41.588 --> 00:28:44.116 the program are available in audio and
NOTE Confidence: 0.9311002

00:28:44.116 --> 00:28:46.080 written form at yalecancercenter.org.
NOTE Confidence: 0.9311002

00:28:46.080 --> 00:28:48.552 We hope you'll join us next week to
NOTE Confidence: 0.9311002

00:28:48.552 --> 00:28:51.353 learn more about the fight against cancer
NOTE Confidence: 0.9311002

00:28:51.353 --> 00:28:53.941 here on Connecticut Public radio funding
NOTE Confidence: 0.9311002

00:28:53.941 --> 00:28:56.762 for Yale Cancer Answers is provided by
NOTE Confidence: 0.9311002

00:28:56.762 --> 00:29:00.070 Smilow Cancer Hospital and AstraZeneca.