WEBVTT

NOTE duration:"00:02:37.6320000"

NOTE language:en-us

NOTE Confidence: 0.985776

00:00:00.000 --> 00:00:03.535 Skin cancer is divided into two categories.

NOTE Confidence: 0.985776

00:00:03.540 --> 00:00:05.475 The first category is non

NOTE Confidence: 0.985776

00:00:05.475 --> 00:00:06.636 Melanoma skin cancer.

NOTE Confidence: 0.985776

00:00:06.640 --> 00:00:09.055 The two most common types of non

NOTE Confidence: 0.985776

00:00:09.055 --> 00:00:11.459 Melanoma skin cancer are basal cell

NOTE Confidence: 0.985776

00:00:11.459 --> 00:00:13.619 carcinoma and squamous cell carcinoma,

NOTE Confidence: 0.985776

00:00:13.620 --> 00:00:15.948 and then there's Melanoma skin cancer.

NOTE Confidence: 0.8797862

00:00:21.200 --> 00:00:23.864 Skin cancer can present with a

NOTE Confidence: 0.8797862

00:00:23.864 --> 00:00:25.643 variety of symptoms. Classically,

NOTE Confidence: 0.8797862

00:00:25.643 --> 00:00:28.744 when we think of Melanoma skin cancer,

NOTE Confidence: 0.8797862

00:00:28.750 --> 00:00:32.294 we think of the ABCD ease of Melanoma.

NOTE Confidence: 0.8797862

00:00:32.300 --> 00:00:35.464 These refer to features of moles that

NOTE Confidence: 0.8797862

00:00:35.464 --> 00:00:38.612 patients can look out for that may

NOTE Confidence: 0.8797862

00:00:38.612 --> 00:00:41.174 trigger an exam by a dermatologist.

NOTE Confidence: 0.8797862

00:00:41.180 --> 00:00:45.620 So what the ABC DE stand for a is asymmetry.

NOTE Confidence: 0.8797862

00:00:45.620 --> 00:00:48.746 B is border meaning irregular border.

NOTE Confidence: 0.8797862

00:00:48.750 --> 00:00:51.116 C is color and this can mean

NOTE Confidence: 0.8797862

00:00:51.116 --> 00:00:53.282 changing of color overtime or a

NOTE Confidence: 0.8797862

00:00:53.282 --> 00:00:55.436 mix of colors within a lesion.

NOTE Confidence: 0.8797862

00:00:55.440 --> 00:00:58.608 D is diameter and so this is means in

NOTE Confidence: 0.9681402

00:00:58.610 --> 00:01:00.854 general lesion that's larger than 5

NOTE Confidence: 0.9681402

00:01:00.854 --> 00:01:03.180 millimeters or the size of a pencil,

NOTE Confidence: 0.9681402

00:01:03.180 --> 00:01:05.130 eraser and E, which is probably

NOTE Confidence: 0.9681402

00:01:05.130 --> 00:01:07.050 the most important is evolving.

NOTE Confidence: 0.9681402

00:01:07.050 --> 00:01:10.038 So if a patient tells me that this mole

NOTE Confidence: 0.9681402

00:01:10.038 --> 00:01:13.040 has been present for a long time, but

NOTE Confidence: 0.9681402

00:01:13.040 --> 00:01:14.800 it's changing, that means it

NOTE Confidence: 0.9681402

00:01:14.800 --> 00:01:16.559 probably needs to be biopsied.

NOTE Confidence: 0.9736586

00:01:21.810 --> 00:01:24.425 The patients that are most at risk

NOTE Confidence: 0.9736586

00:01:24.425 --> 00:01:26.248 for skin cancer are individuals

NOTE Confidence: 0.9736586

00:01:26.248 --> 00:01:28.874 who have a high degree of history

NOTE Confidence: 0.9736586

00:01:28.874 --> 00:01:31.160 of UV exposure or sun exposure.

NOTE Confidence: 0.9736586

00:01:31.160 --> 00:01:33.025 Patients who are more fair

NOTE Confidence: 0.9736586

00:01:33.025 --> 00:01:35.269 skin light eyes. They are at

NOTE Confidence: 0.9736586

00:01:35.270 --> 00:01:37.514 higher risk of skin cancer than

NOTE Confidence: 0.9736586

00:01:37.514 --> 00:01:39.010 patients with darker skin.

NOTE Confidence: 0.9736586

00:01:39.010 --> 00:01:41.254 Although we can see skin cancer

NOTE Confidence: 0.9736586

00:01:41.254 --> 00:01:43.130 really in all skin types.

NOTE Confidence: 0.97429097

00:01:48.230 --> 00:01:50.470 If you're in a latitude like

NOTE Confidence: 0.97429097

00:01:50.470 --> 00:01:52.340 Connecticut in the summer months,

NOTE Confidence: 0.97429097

00:01:52.340 --> 00:01:55.706 an SPF of 30 or above should be sufficient.

NOTE Confidence: 0.97429097

00:01:55.710 --> 00:01:57.708 The drawback of the higher SPF's

NOTE Confidence: 0.97429097

00:01:57.708 --> 00:02:00.490 is that they can have a thicker

NOTE Confidence: 0.97429097

00:02:00.490 --> 00:02:02.442 consistency, be a little different,

NOTE Confidence: 0.97429097

00:02:02.442 --> 00:02:03.934 more difficult to apply.

NOTE Confidence: 0.9785738

00:02:08.970 --> 00:02:11.864 Any patient who has a family history of

NOTE Confidence: 0.9785738

00:02:11.864 --> 00:02:14.429 skin cancer should have an annual check.

NOTE Confidence: 0.9785738

00:02:14.430 --> 00:02:17.262 Any patient who has a history of atypical

NOTE Confidence: 0.9785738

00:02:17.262 --> 00:02:19.886 moles or has greater than 50 moles,

NOTE Confidence: 0.9785738

00:02:19.890 --> 00:02:21.710 they should be checked annually.

NOTE Confidence: 0.9785738

00:02:21.710 --> 00:02:23.530 Of course, anyone with a

NOTE Confidence: 0.9785738

00:02:23.530 --> 00:02:25.350 personal history of skin cancer.