

WEBVTT

00:00:00.000 --> 00:00:02.148 Funding for Yale Cancer Answers is

NOTE Confidence: 0.80639928

00:00:02.148 --> 00:00:04.180 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.81134187

00:00:06.760 --> 00:00:08.620 Welcome to Yale Cancer Answers with

NOTE Confidence: 0.81134187

00:00:08.620 --> 00:00:10.527 your host, doctor Anees Chagpar.

NOTE Confidence: 0.81134187

00:00:10.527 --> 00:00:12.672 Yale Cancer Answers features the

NOTE Confidence: 0.81134187

00:00:12.672 --> 00:00:15.072 latest information on cancer care by

NOTE Confidence: 0.81134187

00:00:15.072 --> 00:00:16.552 welcoming oncologists and specialists

NOTE Confidence: 0.81134187

00:00:16.552 --> 00:00:18.855 who are on the forefront of the

NOTE Confidence: 0.81134187

00:00:18.855 --> 00:00:20.576 battle to fight cancer. This week,

NOTE Confidence: 0.81134187

00:00:20.576 --> 00:00:21.866 it's a conversation about the

NOTE Confidence: 0.81134187

00:00:21.866 --> 00:00:23.320 care of patients with Melanoma

NOTE Confidence: 0.81134187

00:00:23.320 --> 00:00:24.964 with Doctor Jonathan Leventhal.

NOTE Confidence: 0.81134187

00:00:24.964 --> 00:00:27.430 Dr Leventhal is an assistant professor

NOTE Confidence: 0.81134187

00:00:27.490 --> 00:00:29.530 of dermatology at the Yale School

NOTE Confidence: 0.81134187

00:00:29.530 --> 00:00:31.694 of Medicine where Doctor Chagpar is

NOTE Confidence: 0.81134187

00:00:31.694 --> 00:00:33.539 a professor of surgical oncology.
NOTE Confidence: 0.931755677826087

00:00:35.930 --> 00:00:37.848 So Jonathan, maybe we can start off
NOTE Confidence: 0.931755677826087

00:00:37.848 --> 00:00:40.023 by you telling us a little bit more
NOTE Confidence: 0.931755677826087

00:00:40.023 --> 00:00:41.919 about yourself and what it is you do.
NOTE Confidence: 0.69811305

00:00:42.230 --> 00:00:45.014 I'm Jonathan Leventhal and I direct the
NOTE Confidence: 0.69811305

00:00:45.014 --> 00:00:46.870 oncodermatology clinic.
NOTE Confidence: 0.69811305

00:00:46.870 --> 00:00:49.374 So in this clinic I take care of
NOTE Confidence: 0.69811305

00:00:49.374 --> 00:00:51.887 patients who develop all types of skin,
NOTE Confidence: 0.69811305

00:00:51.890 --> 00:00:53.450 hair and nail problems from
NOTE Confidence: 0.69811305

00:00:53.450 --> 00:00:55.010 all types of cancer treatment.
NOTE Confidence: 0.69811305

00:00:55.010 --> 00:00:56.994 And I also perform skin checks for patients
NOTE Confidence: 0.69811305

00:00:56.994 --> 00:00:58.739 who have a history of skin cancer.
NOTE Confidence: 0.85987098

00:00:59.450 --> 00:01:02.366 So you know now that we're
NOTE Confidence: 0.85987098

00:01:02.366 --> 00:01:04.310 emerging from the pandemic
NOTE Confidence: 0.85987098

00:01:04.310 --> 00:01:07.838 and the weather is starting to get nicer,
NOTE Confidence: 0.85987098

00:01:07.840 --> 00:01:09.460 many people start thinking

NOTE Confidence: 0.85987098

00:01:09.460 --> 00:01:11.080 more about skin cancers,

NOTE Confidence: 0.85987098

00:01:11.080 --> 00:01:12.520 so can you kind of give

NOTE Confidence: 0.85987098

00:01:12.520 --> 00:01:14.140 us the lay of the land?

NOTE Confidence: 0.85987098

00:01:14.140 --> 00:01:16.320 How common is skin cancer?

NOTE Confidence: 0.85987098

00:01:16.320 --> 00:01:18.945 What are the different types and

NOTE Confidence: 0.85987098

00:01:18.945 --> 00:01:22.370 what should people be aware of?

NOTE Confidence: 0.879518142727273

00:01:22.370 --> 00:01:24.372 So skin cancer is actually the most

NOTE Confidence: 0.879518142727273

00:01:24.372 --> 00:01:26.806 common type of cancer, just in general,

NOTE Confidence: 0.879518142727273

00:01:26.806 --> 00:01:28.666 so there's three main types.

NOTE Confidence: 0.879518142727273

00:01:28.670 --> 00:01:30.428 Basal cell, which is by far

NOTE Confidence: 0.879518142727273

00:01:30.428 --> 00:01:32.430 the most common of all of them,

NOTE Confidence: 0.879518142727273

00:01:32.430 --> 00:01:35.188 followed by squamous cell and then Melanoma,

NOTE Confidence: 0.879518142727273

00:01:35.190 --> 00:01:37.858 which is only about 1% of skin cancers

NOTE Confidence: 0.879518142727273

00:01:37.858 --> 00:01:40.910 but is the deadliest and so basal

NOTE Confidence: 0.879518142727273

00:01:41.005 --> 00:01:43.624 cells can happen and up to 30% of

NOTE Confidence: 0.879518142727273

00:01:43.624 --> 00:01:45.309 white individuals in their lifetime.
NOTE Confidence: 0.879518142727273

00:01:45.310 --> 00:01:47.963 So it is so common it usually
NOTE Confidence: 0.879518142727273

00:01:47.963 --> 00:01:50.369 presents in sun exposed areas,
NOTE Confidence: 0.879518142727273

00:01:50.370 --> 00:01:51.936 often like a little pimple that
NOTE Confidence: 0.879518142727273

00:01:51.936 --> 00:01:53.439 just doesn't seem to heal it.
NOTE Confidence: 0.879518142727273

00:01:53.440 --> 00:01:55.435 Maybe a little sore or it can
NOTE Confidence: 0.879518142727273

00:01:55.435 --> 00:01:57.309 bleed and it just persists.
NOTE Confidence: 0.879518142727273

00:01:57.310 --> 00:01:59.458 Then there's squamous cells which are
NOTE Confidence: 0.879518142727273

00:01:59.458 --> 00:02:01.813 the second most common type and these
NOTE Confidence: 0.879518142727273

00:02:01.813 --> 00:02:03.815 also occur in areas of sun damage
NOTE Confidence: 0.879518142727273

00:02:03.884 --> 00:02:05.924 and they usually present almost like
NOTE Confidence: 0.879518142727273

00:02:05.924 --> 00:02:09.150 a painful warty bump on the skin and
NOTE Confidence: 0.879518142727273

00:02:09.150 --> 00:02:11.940 then finally Melanoma as I mentioned
NOTE Confidence: 0.879518142727273

00:02:12.034 --> 00:02:14.568 which is the least common of the three.
NOTE Confidence: 0.879518142727273

00:02:14.570 --> 00:02:16.537 But that's about a let's say an
NOTE Confidence: 0.879518142727273

00:02:16.537 --> 00:02:18.788 incidence of about affecting one in 40

NOTE Confidence: 0.879518142727273

00:02:18.788 --> 00:02:20.810 individuals in their lifetime that often

NOTE Confidence: 0.879518142727273

00:02:20.872 --> 00:02:23.008 looks like an atypical appearing mall.

NOTE Confidence: 0.879518142727273

00:02:23.010 --> 00:02:24.660 It's usually a pigmented lesion.

NOTE Confidence: 0.928163693846154

00:02:25.420 --> 00:02:27.430 So you know, that's one thing

NOTE Confidence: 0.928163693846154

00:02:27.430 --> 00:02:30.100 that I think a lot of people may

NOTE Confidence: 0.928163693846154

00:02:30.100 --> 00:02:32.512 not be aware of is that some

NOTE Confidence: 0.928163693846154

00:02:32.512 --> 00:02:34.797 skin cancers are not pigmented.

NOTE Confidence: 0.928163693846154

00:02:34.800 --> 00:02:37.704 I think that so often people think about

NOTE Confidence: 0.928163693846154

00:02:37.704 --> 00:02:40.179 skin cancer and they think Melanoma.

NOTE Confidence: 0.928163693846154

00:02:40.180 --> 00:02:41.660 And when we think Melanoma,

NOTE Confidence: 0.928163693846154

00:02:41.660 --> 00:02:43.256 we think of a pigmented lesion.

NOTE Confidence: 0.928163693846154

00:02:43.260 --> 00:02:45.088 But basal cells and

NOTE Confidence: 0.928163693846154

00:02:45.088 --> 00:02:46.916 squamous cells aren't right.

NOTE Confidence: 0.720325573857143

00:02:47.340 --> 00:02:48.620 Yes, that is correct.

NOTE Confidence: 0.720325573857143

00:02:48.620 --> 00:02:50.876 So basal cells, they often look pink

NOTE Confidence: 0.720325573857143

00:02:50.876 --> 00:02:53.483 and pearly almost like a pimple and and
NOTE Confidence: 0.720325573857143

00:02:53.483 --> 00:02:55.569 the same is true of squamous cells.
NOTE Confidence: 0.720325573857143

00:02:55.570 --> 00:02:58.540 They're often pink in color and
NOTE Confidence: 0.720325573857143

00:02:58.540 --> 00:03:00.481 warty texture, so they don't
NOTE Confidence: 0.720325573857143

00:03:00.481 --> 00:03:02.066 look like the classic Melanoma,
NOTE Confidence: 0.720325573857143

00:03:02.070 --> 00:03:04.779 which is like an atypical looking dark
NOTE Confidence: 0.720325573857143

00:03:04.779 --> 00:03:08.129 brown or black lesion which is asymmetrical,
NOTE Confidence: 0.720325573857143

00:03:08.130 --> 00:03:09.552 and so I think it's really
NOTE Confidence: 0.720325573857143

00:03:09.552 --> 00:03:11.080 important to know those differences
NOTE Confidence: 0.835885544545454

00:03:12.130 --> 00:03:15.058 and so how can people tell the difference
NOTE Confidence: 0.835885544545454

00:03:15.058 --> 00:03:17.351 between what could be a normal pimple
NOTE Confidence: 0.835885544545454

00:03:17.351 --> 00:03:19.660 and what could be a basal cell?
NOTE Confidence: 0.81814873

00:03:20.190 --> 00:03:22.896 Yeah, so normal pimples fortunately heal
NOTE Confidence: 0.81814873

00:03:22.896 --> 00:03:26.157 and they self resolve within a matter of.
NOTE Confidence: 0.81814873

00:03:26.160 --> 00:03:27.930 Weeks, whereas basal cells often
NOTE Confidence: 0.81814873

00:03:27.930 --> 00:03:30.733 start as a small lesion and then it

NOTE Confidence: 0.81814873

00:03:30.733 --> 00:03:32.665 becomes larger and it persists over

NOTE Confidence: 0.81814873

00:03:32.665 --> 00:03:34.828 the course of months and months,

NOTE Confidence: 0.81814873

00:03:34.830 --> 00:03:38.239 and so that's really the main way.

NOTE Confidence: 0.81814873

00:03:38.240 --> 00:03:40.396 I always tell my patients if there's

NOTE Confidence: 0.81814873

00:03:40.396 --> 00:03:42.682 something on your skin that just doesn't

NOTE Confidence: 0.81814873

00:03:42.682 --> 00:03:44.902 seem right, doesn't heal, persists,

NOTE Confidence: 0.81814873

00:03:44.902 --> 00:03:47.716 or is painful definitely, you know,

NOTE Confidence: 0.81814873

00:03:47.716 --> 00:03:49.864 tell me or tell your dermatologist

NOTE Confidence: 0.845912173125

00:03:50.400 --> 00:03:52.745 and so the other thing that you

NOTE Confidence: 0.845912173125

00:03:52.745 --> 00:03:54.879 mentioned is that basal cells happen

NOTE Confidence: 0.845912173125

00:03:54.879 --> 00:03:57.017 in about 30% of white patients.

NOTE Confidence: 0.845912173125

00:03:57.017 --> 00:03:59.171 And so when we think about

NOTE Confidence: 0.845912173125

00:03:59.171 --> 00:04:00.970 skin cancers in general,

NOTE Confidence: 0.845912173125

00:04:00.970 --> 00:04:03.322 is it true that these occur

NOTE Confidence: 0.845912173125

00:04:03.322 --> 00:04:04.890 primarily in white patients?

NOTE Confidence: 0.845912173125

00:04:04.890 --> 00:04:09.111 And do people who are of other races or

NOTE Confidence: 0.845912173125

00:04:09.111 --> 00:04:11.978 ethnicities get skin cancers as well?

NOTE Confidence: 0.8241352

00:04:12.410 --> 00:04:14.130 That's a really great question,

NOTE Confidence: 0.8241352

00:04:14.130 --> 00:04:16.353 and so the short answer is, yes.

NOTE Confidence: 0.8241352

00:04:16.353 --> 00:04:18.768 Anybody can develop skin cancer.

NOTE Confidence: 0.8241352

00:04:18.770 --> 00:04:21.906 It is true that these skin cancers,

NOTE Confidence: 0.8241352

00:04:21.910 --> 00:04:24.040 basal cell squamous cells and

NOTE Confidence: 0.8241352

00:04:24.040 --> 00:04:26.170 melanomas particularly occur in white

NOTE Confidence: 0.8241352

00:04:26.240 --> 00:04:28.656 individuals who have had a lot of sun.

NOTE Confidence: 0.8241352

00:04:28.660 --> 00:04:31.044 Damage, but we have seen all these types

NOTE Confidence: 0.8241352

00:04:31.044 --> 00:04:33.628 of skin cancers in various ethnicities.

NOTE Confidence: 0.8241352

00:04:33.630 --> 00:04:34.713 So interestingly, Melanoma,

NOTE Confidence: 0.8241352

00:04:34.713 --> 00:04:36.879 which is in really important one

NOTE Confidence: 0.8241352

00:04:36.879 --> 00:04:39.055 to talk about when it does happen

NOTE Confidence: 0.8241352

00:04:39.055 --> 00:04:41.088 in patients who have skin of color.

NOTE Confidence: 0.8241352

00:04:41.090 --> 00:04:43.010 It can occur in areas that we might

NOTE Confidence: 0.8241352

00:04:43.010 --> 00:04:44.718 not think about for skin cancer,

NOTE Confidence: 0.8241352

00:04:44.720 --> 00:04:47.843 so that includes on the palms and the soles,

NOTE Confidence: 0.8241352

00:04:47.850 --> 00:04:49.790 or even under the toenails.

NOTE Confidence: 0.8241352

00:04:49.790 --> 00:04:51.862 And so there seems to be some

NOTE Confidence: 0.8241352

00:04:51.862 --> 00:04:53.471 sort of predisposition for that

NOTE Confidence: 0.8241352

00:04:53.471 --> 00:04:55.121 with Melanoma and so definitely

NOTE Confidence: 0.8241352

00:04:55.121 --> 00:04:57.142 important to know about and even

NOTE Confidence: 0.8241352

00:04:57.142 --> 00:04:59.080 with basal cells and squamous cells.

NOTE Confidence: 0.8241352

00:04:59.080 --> 00:05:02.064 I have plenty of patients who are

NOTE Confidence: 0.8241352

00:05:02.064 --> 00:05:04.416 Hispanic or African American and and

NOTE Confidence: 0.8241352

00:05:04.416 --> 00:05:07.100 they develop these skin cancers so it

NOTE Confidence: 0.8241352

00:05:07.100 --> 00:05:09.820 doesn't only happen in white individuals.

NOTE Confidence: 0.8241352

00:05:09.820 --> 00:05:11.490 Skin cancer can affect everyone.

NOTE Confidence: 0.891956357777778

00:05:12.520 --> 00:05:15.085 When you think about skin

NOTE Confidence: 0.891956357777778

00:05:15.085 --> 00:05:17.137 cancer occurring under toenails,

NOTE Confidence: 0.891956357777778

00:05:17.140 --> 00:05:18.880 we've often heard about that.
NOTE Confidence: 0.891956357777778

00:05:18.880 --> 00:05:21.886 But when we look at pictures,
NOTE Confidence: 0.891956357777778

00:05:21.890 --> 00:05:25.150 so if anybody Googles.
NOTE Confidence: 0.891956357777778

00:05:25.150 --> 00:05:27.362 You know Melanoma and looks at pictures
NOTE Confidence: 0.891956357777778

00:05:27.362 --> 00:05:30.110 of of these occurring under the toenail.
NOTE Confidence: 0.891956357777778

00:05:30.110 --> 00:05:31.620 It kind of looks like
NOTE Confidence: 0.891956357777778

00:05:31.620 --> 00:05:32.828 somebody stubbed their toe.
NOTE Confidence: 0.891956357777778

00:05:32.830 --> 00:05:34.542 It looks like they may have a bit
NOTE Confidence: 0.891956357777778

00:05:34.542 --> 00:05:36.668 of a hematoma under their toenail.
NOTE Confidence: 0.891956357777778

00:05:36.670 --> 00:05:40.198 How can you tell the difference between?
NOTE Confidence: 0.891956357777778

00:05:40.200 --> 00:05:41.920 Stubbing your toe and getting
NOTE Confidence: 0.891956357777778

00:05:41.920 --> 00:05:44.260 a a hematoma under a toenail.
NOTE Confidence: 0.891956357777778

00:05:44.260 --> 00:05:46.528 Versus, you know a Melanoma that you
NOTE Confidence: 0.891956357777778

00:05:46.528 --> 00:05:49.128 might need to be more concerned about.
NOTE Confidence: 0.7787310772

00:05:49.700 --> 00:05:51.580 Yet another really good point.
NOTE Confidence: 0.7787310772

00:05:51.580 --> 00:05:53.656 And so when dermatologist examined patients,

NOTE Confidence: 0.7787310772

00:05:53.660 --> 00:05:55.670 what we look for regarding the

NOTE Confidence: 0.7787310772

00:05:55.670 --> 00:05:58.127 fingers and the toes is a dark

NOTE Confidence: 0.7787310772

00:05:58.127 --> 00:05:59.867 pigmented streak that extends from

NOTE Confidence: 0.7787310772

00:05:59.867 --> 00:06:02.477 the nail fold up throughout the nail,

NOTE Confidence: 0.7787310772

00:06:02.480 --> 00:06:04.556 and so that's called melana nikkia.

NOTE Confidence: 0.7787310772

00:06:04.560 --> 00:06:07.578 So many Kate. Many times Melanoma

NOTE Confidence: 0.7787310772

00:06:07.578 --> 00:06:10.119 actually begins as kind of a.

NOTE Confidence: 0.7787310772

00:06:10.120 --> 00:06:11.570 Line and Nikki a streak.

NOTE Confidence: 0.7787310772

00:06:11.570 --> 00:06:13.328 A dark band under your nail,

NOTE Confidence: 0.7787310772

00:06:13.330 --> 00:06:15.938 and so if you see any new dark

NOTE Confidence: 0.7787310772

00:06:15.938 --> 00:06:18.564 bands under your nails that are

NOTE Confidence: 0.7787310772

00:06:18.564 --> 00:06:21.349 different than maybe some other

NOTE Confidence: 0.7787310772

00:06:21.350 --> 00:06:23.830 nails findings that you have,

NOTE Confidence: 0.7787310772

00:06:23.830 --> 00:06:26.686 you should definitely see the dermatologist.

NOTE Confidence: 0.7787310772

00:06:26.690 --> 00:06:29.150 Now regarding the question about trauma.

NOTE Confidence: 0.7787310772

00:06:29.150 --> 00:06:30.966 Fortunately only those really
NOTE Confidence: 0.7787310772

00:06:30.966 --> 00:06:33.236 advanced cases of Melanoma under
NOTE Confidence: 0.7787310772

00:06:33.236 --> 00:06:35.868 the nail bed really look like the
NOTE Confidence: 0.7787310772

00:06:35.868 --> 00:06:38.013 whole nails coming up and bleeding
NOTE Confidence: 0.7787310772

00:06:38.013 --> 00:06:40.365 and bloody and so those can be.
NOTE Confidence: 0.7787310772

00:06:40.370 --> 00:06:41.306 I'm very concerning,
NOTE Confidence: 0.7787310772

00:06:41.306 --> 00:06:44.195 so I would say if you do stub your
NOTE Confidence: 0.7787310772

00:06:44.195 --> 00:06:46.421 toe and you have a reason for
NOTE Confidence: 0.7787310772

00:06:46.421 --> 00:06:48.617 having a problem under your nail,
NOTE Confidence: 0.7787310772

00:06:48.620 --> 00:06:50.130 you can be a little. You know.
NOTE Confidence: 0.7787310772

00:06:50.130 --> 00:06:51.190 You can be reassured,
NOTE Confidence: 0.7787310772

00:06:51.190 --> 00:06:53.254 but if you don't recall any trauma and
NOTE Confidence: 0.7787310772

00:06:53.254 --> 00:06:55.447 now you see that your nail looks like
NOTE Confidence: 0.7787310772

00:06:55.447 --> 00:06:57.390 it might have some bleeding underneath
NOTE Confidence: 0.7787310772

00:06:57.390 --> 00:06:59.395 it or some dark discoloration.
NOTE Confidence: 0.7787310772

00:06:59.400 --> 00:07:02.028 Definitely something to show your doctor

NOTE Confidence: 0.891869327222222

00:07:02.660 --> 00:07:05.369 all right so we know what to

NOTE Confidence: 0.891869327222222

00:07:05.369 --> 00:07:08.614 kind of look for in terms of

NOTE Confidence: 0.891869327222222

00:07:08.614 --> 00:07:10.598 basal cells and melanomas.

NOTE Confidence: 0.891869327222222

00:07:10.600 --> 00:07:11.888 Squamous cells you mentioned?

NOTE Confidence: 0.891869327222222

00:07:11.888 --> 00:07:13.820 They kind of look a little

NOTE Confidence: 0.891869327222222

00:07:13.885 --> 00:07:15.140 bit more scaly, right?

NOTE Confidence: 0.487519342

00:07:15.550 --> 00:07:18.252 Yes? Squamous cells can appear sometimes.

NOTE Confidence: 0.487519342

00:07:18.252 --> 00:07:19.780 Similar to basal cells

NOTE Confidence: 0.487519342

00:07:19.780 --> 00:07:22.190 they can be pink and scaly.

NOTE Confidence: 0.487519342

00:07:22.190 --> 00:07:24.080 They can sometimes have a warty

NOTE Confidence: 0.487519342

00:07:24.080 --> 00:07:26.359 texture and one thing that I find

NOTE Confidence: 0.487519342

00:07:26.359 --> 00:07:27.954 is helpful with squamous cells,

NOTE Confidence: 0.487519342

00:07:27.960 --> 00:07:29.790 as these tend to be painful.

NOTE Confidence: 0.487519342

00:07:29.790 --> 00:07:31.486 And so if you have a lesion on

NOTE Confidence: 0.487519342

00:07:31.486 --> 00:07:32.928 your skin when you touch it,

NOTE Confidence: 0.487519342

00:07:32.930 --> 00:07:33.646 it's painful.
NOTE Confidence: 0.487519342

00:07:33.646 --> 00:07:35.436 That's something that you should
NOTE Confidence: 0.487519342

00:07:35.436 --> 00:07:36.943 definitely tell your doctor
NOTE Confidence: 0.487519342

00:07:36.943 --> 00:07:38.838 dermatologist about because many times
NOTE Confidence: 0.487519342

00:07:38.838 --> 00:07:41.160 that's how these squamous cells present.
NOTE Confidence: 0.487519342

00:07:41.160 --> 00:07:43.818 It can also grow very rapidly,
NOTE Confidence: 0.487519342

00:07:43.820 --> 00:07:46.548 usually a lot faster than a basal cell.
NOTE Confidence: 0.87803771

00:07:46.820 --> 00:07:49.816 Let's suppose you have one of these
NOTE Confidence: 0.87803771

00:07:49.816 --> 00:07:52.118 lesions you've listened to this show,
NOTE Confidence: 0.87803771

00:07:52.120 --> 00:07:54.490 and you've discovered that you might
NOTE Confidence: 0.87803771

00:07:54.490 --> 00:07:58.082 have one of these and you go and you see
NOTE Confidence: 0.87803771

00:07:58.082 --> 00:08:00.840 your family doctor or your dermatologist.
NOTE Confidence: 0.87803771

00:08:00.840 --> 00:08:02.754 What's generally the next step in
NOTE Confidence: 0.87803771

00:08:02.754 --> 00:08:04.690 terms of making that diagnosis,
NOTE Confidence: 0.87803771

00:08:04.690 --> 00:08:06.808 and how bad is the treatment?
NOTE Confidence: 0.744158924285714

00:08:08.630 --> 00:08:11.409 So once there's a suspicious skin lesion,

NOTE Confidence: 0.744158924285714
00:08:11.410 --> 00:08:13.405 the way that we diagnose the condition
NOTE Confidence: 0.744158924285714
00:08:13.405 --> 00:08:15.089 is we perform a skin biopsy,
NOTE Confidence: 0.744158924285714
00:08:15.090 --> 00:08:16.917 so this is a really simple procedure
NOTE Confidence: 0.744158924285714
00:08:16.917 --> 00:08:18.448 that takes place in the office.
NOTE Confidence: 0.744158924285714
00:08:18.450 --> 00:08:21.105 It only takes a few minutes to do locally.
NOTE Confidence: 0.744158924285714
00:08:21.105 --> 00:08:22.635 The area is numbed up with
NOTE Confidence: 0.744158924285714
00:08:22.635 --> 00:08:24.150 a little bit of lidocaine,
NOTE Confidence: 0.744158924285714
00:08:24.150 --> 00:08:26.418 and then the area is either shaved
NOTE Confidence: 0.744158924285714
00:08:26.418 --> 00:08:29.028 off or we use something called a
NOTE Confidence: 0.744158924285714
00:08:29.028 --> 00:08:31.670 punch biopsy and we're able to get
NOTE Confidence: 0.744158924285714
00:08:31.670 --> 00:08:33.322 the lesion into a bottle that was
NOTE Confidence: 0.744158924285714
00:08:33.322 --> 00:08:35.060 sent to a pathologist who then
NOTE Confidence: 0.744158924285714
00:08:35.060 --> 00:08:37.004 looks under the microscope and is
NOTE Confidence: 0.744158924285714
00:08:37.004 --> 00:08:38.536 able to give us an answer.
NOTE Confidence: 0.831167275
00:08:39.710 --> 00:08:41.415 Well, that's great for lesions
NOTE Confidence: 0.831167275

00:08:41.415 --> 00:08:43.804 that are on the skin, but if
NOTE Confidence: 0.831167275

00:08:43.804 --> 00:08:45.856 you've got one of those melanomas
NOTE Confidence: 0.831167275

00:08:45.856 --> 00:08:48.319 that's on a toenail under the nail,
NOTE Confidence: 0.831167275

00:08:48.320 --> 00:08:50.208 how do you do a biopsy of that?
NOTE Confidence: 0.926122323333333

00:08:50.470 --> 00:08:52.606 Yeah, so those are a little
NOTE Confidence: 0.926122323333333

00:08:52.606 --> 00:08:53.674 bit more complicated.
NOTE Confidence: 0.926122323333333

00:08:53.680 --> 00:08:55.590 And so what's really important
NOTE Confidence: 0.926122323333333

00:08:55.590 --> 00:08:57.500 about biopsying those lesions is
NOTE Confidence: 0.926122323333333

00:08:57.567 --> 00:08:59.357 that a specialist who's familiar
NOTE Confidence: 0.926122323333333

00:08:59.357 --> 00:09:01.147 with doing it performs it,
NOTE Confidence: 0.926122323333333

00:09:01.150 --> 00:09:02.434 and so, for instance,
NOTE Confidence: 0.926122323333333

00:09:02.434 --> 00:09:04.606 if we want to biopsy the nail,
NOTE Confidence: 0.926122323333333

00:09:04.606 --> 00:09:06.587 and in particular we want to biopsy
NOTE Confidence: 0.926122323333333

00:09:06.587 --> 00:09:08.190 what's called the nail matrix,
NOTE Confidence: 0.926122323333333

00:09:08.190 --> 00:09:09.378 which is where.
NOTE Confidence: 0.926122323333333

00:09:09.378 --> 00:09:12.226 Most of these cells, Melanoma cells form,

NOTE Confidence: 0.926122323333333

00:09:12.226 --> 00:09:15.410 and then they expand upward into the nail.

NOTE Confidence: 0.926122323333333

00:09:15.410 --> 00:09:18.029 We sometimes have to after we numb it up,

NOTE Confidence: 0.926122323333333

00:09:18.030 --> 00:09:20.638 actually peel back some of the skin and

NOTE Confidence: 0.926122323333333

00:09:20.638 --> 00:09:23.410 even remove the nail plate itself sometimes,

NOTE Confidence: 0.926122323333333

00:09:23.410 --> 00:09:25.594 and so those procedures can be

NOTE Confidence: 0.926122323333333

00:09:25.594 --> 00:09:27.840 a little bit more complicated.

NOTE Confidence: 0.92112625

00:09:28.960 --> 00:09:31.520 Yeah, doesn't sound like fun.

NOTE Confidence: 0.92112625

00:09:31.520 --> 00:09:34.340 OK, so so let's suppose a

NOTE Confidence: 0.92112625

00:09:34.340 --> 00:09:37.759 diagnosis is made of a skin cancer.

NOTE Confidence: 0.92112625

00:09:37.760 --> 00:09:40.028 Now you mentioned at the top of

NOTE Confidence: 0.92112625

00:09:40.028 --> 00:09:42.373 the show that these are cells

NOTE Confidence: 0.92112625

00:09:42.373 --> 00:09:44.533 and squamous cells are incredibly

NOTE Confidence: 0.92112625

00:09:44.533 --> 00:09:46.628 common but not very lethal.

NOTE Confidence: 0.92112625

00:09:46.630 --> 00:09:48.894 Unlike Melanoma, little less

NOTE Confidence: 0.92112625

00:09:48.894 --> 00:09:52.180 common but far more lethal, so.

NOTE Confidence: 0.92112625

00:09:52.180 --> 00:09:54.880 Does the treatment vary between these

NOTE Confidence: 0.92112625

00:09:54.880 --> 00:09:57.509 different kinds of cancers as well?

NOTE Confidence: 0.843867458888889

00:09:57.980 --> 00:09:59.525 Yeah, so. Fortunately,

NOTE Confidence: 0.843867458888889

00:09:59.525 --> 00:10:02.615 in most cases of basal cell,

NOTE Confidence: 0.843867458888889

00:10:02.620 --> 00:10:04.560 squamous cell, and even Melanoma,

NOTE Confidence: 0.843867458888889

00:10:04.560 --> 00:10:07.080 these skin cancers are found relatively

NOTE Confidence: 0.843867458888889

00:10:07.080 --> 00:10:10.080 early and very easily treated and cured,

NOTE Confidence: 0.843867458888889

00:10:10.080 --> 00:10:12.215 and so the treatment for basal cells

NOTE Confidence: 0.843867458888889

00:10:12.215 --> 00:10:14.225 and squamous cells which we can kind

NOTE Confidence: 0.843867458888889

00:10:14.225 --> 00:10:16.092 of lump together is with surgical

NOTE Confidence: 0.843867458888889

00:10:16.092 --> 00:10:19.150 removal and so usually a simple

NOTE Confidence: 0.843867458888889

00:10:19.150 --> 00:10:21.075 excision is performed for these.

NOTE Confidence: 0.843867458888889

00:10:21.080 --> 00:10:23.376 If they happen to occur on a more

NOTE Confidence: 0.843867458888889

00:10:23.376 --> 00:10:25.553 sensitive area like let's say the face or

NOTE Confidence: 0.843867458888889

00:10:25.553 --> 00:10:27.900 the hands of the feet or the genitals,

NOTE Confidence: 0.843867458888889

00:10:27.900 --> 00:10:30.210 then they'll be removed by a technique.

NOTE Confidence: 0.843867458888889
00:10:30.210 --> 00:10:33.722 Which is called Mohs surgery and this is
NOTE Confidence: 0.843867458888889
00:10:33.722 --> 00:10:36.998 basically very similar to a simple excision.
NOTE Confidence: 0.843867458888889
00:10:37.000 --> 00:10:40.105 It's just that a little bit of the skin
NOTE Confidence: 0.843867458888889
00:10:40.105 --> 00:10:42.934 cancer is removed by a shave at a time,
NOTE Confidence: 0.843867458888889
00:10:42.940 --> 00:10:44.697 and then the patient waits while the
NOTE Confidence: 0.843867458888889
00:10:44.697 --> 00:10:45.951 doctor looks under the microscope
NOTE Confidence: 0.843867458888889
00:10:45.951 --> 00:10:47.512 to make sure they got it all.
NOTE Confidence: 0.843867458888889
00:10:47.520 --> 00:10:49.550 If there happens to be an area
NOTE Confidence: 0.843867458888889
00:10:49.550 --> 00:10:50.130 that's remaining,
NOTE Confidence: 0.843867458888889
00:10:50.130 --> 00:10:52.496 then the doctor will go back to
NOTE Confidence: 0.843867458888889
00:10:52.496 --> 00:10:54.420 perform additional shave removal of it.
NOTE Confidence: 0.843867458888889
00:10:54.420 --> 00:10:58.876 Now melanomas are removed as well by surgery.
NOTE Confidence: 0.843867458888889
00:10:58.880 --> 00:10:59.191 However,
NOTE Confidence: 0.843867458888889
00:10:59.191 --> 00:11:01.368 the procedures usually a little bit more.
NOTE Confidence: 0.843867458888889
00:11:01.370 --> 00:11:03.205 Tailed because the margins are
NOTE Confidence: 0.843867458888889

00:11:03.205 --> 00:11:04.673 a little bit greater,
NOTE Confidence: 0.843867458888889

00:11:04.680 --> 00:11:06.414 meaning the area around the skin
NOTE Confidence: 0.843867458888889

00:11:06.414 --> 00:11:08.165 cancer is greater to ensure that
NOTE Confidence: 0.843867458888889

00:11:08.165 --> 00:11:10.034 there no cells left behind and if
NOTE Confidence: 0.843867458888889

00:11:10.034 --> 00:11:12.164 the Melanoma was a little bit thicker
NOTE Confidence: 0.843867458888889

00:11:12.164 --> 00:11:14.732 then actually a lymph node is obtained
NOTE Confidence: 0.843867458888889

00:11:14.732 --> 00:11:17.910 at the same time of the excision,
NOTE Confidence: 0.843867458888889

00:11:17.910 --> 00:11:19.260 and that's called the Sentinel
NOTE Confidence: 0.843867458888889

00:11:19.260 --> 00:11:20.070 lymph node removal,
NOTE Confidence: 0.843867458888889

00:11:20.070 --> 00:11:21.714 and that's done usually by a
NOTE Confidence: 0.843867458888889

00:11:21.714 --> 00:11:23.320 general or a plastic surgeon.
NOTE Confidence: 0.880958222

00:11:24.060 --> 00:11:26.252 So now wait a minute when you were
NOTE Confidence: 0.880958222

00:11:26.252 --> 00:11:28.027 talking about the basal cells and
NOTE Confidence: 0.880958222

00:11:28.027 --> 00:11:29.773 the squamous cells and you were
NOTE Confidence: 0.880958222

00:11:29.838 --> 00:11:31.838 talking about more sensitive areas.
NOTE Confidence: 0.880958222

00:11:31.840 --> 00:11:33.180 You mentioned that these

NOTE Confidence: 0.880958222

00:11:33.180 --> 00:11:34.855 could happen on the genitals,

NOTE Confidence: 0.880958222

00:11:34.860 --> 00:11:36.750 so some of our listeners might

NOTE Confidence: 0.880958222

00:11:36.750 --> 00:11:38.380 be very curious about that.

NOTE Confidence: 0.880958222

00:11:38.380 --> 00:11:40.750 Thinking. How does somebody get a

NOTE Confidence: 0.880958222

00:11:40.750 --> 00:11:43.299 cancer in that part of the skin?

NOTE Confidence: 0.880958222

00:11:43.300 --> 00:11:45.622 We thought that most skin cancers

NOTE Confidence: 0.880958222

00:11:45.622 --> 00:11:47.980 are due to sun exposure.

NOTE Confidence: 0.880958222

00:11:47.980 --> 00:11:48.576 Was that?

NOTE Confidence: 0.880958222

00:11:48.576 --> 00:11:50.364 Do those occur only in people

NOTE Confidence: 0.880958222

00:11:50.364 --> 00:11:51.999 who go skinny dipping?

NOTE Confidence: 0.880958222

00:11:52.000 --> 00:11:53.626 Or what's the deal with that?

NOTE Confidence: 0.903025898333333

00:11:54.480 --> 00:11:55.998 So that's a really good question.

NOTE Confidence: 0.903025898333333

00:11:56.000 --> 00:11:58.289 So in general, yes, like any cancer,

NOTE Confidence: 0.903025898333333

00:11:58.290 --> 00:11:59.782 there's environmental and genetic

NOTE Confidence: 0.903025898333333

00:11:59.782 --> 00:12:02.250 and other components that go into it.

NOTE Confidence: 0.903025898333333

00:12:02.250 --> 00:12:03.294 O for most cases,
NOTE Confidence: 0.903025898333333

00:12:03.294 --> 00:12:05.830 they do happen in areas that are sun exposed,
NOTE Confidence: 0.903025898333333

00:12:05.830 --> 00:12:08.130 but for instance squamous cells.
NOTE Confidence: 0.903025898333333

00:12:08.130 --> 00:12:10.350 There's some risk after
NOTE Confidence: 0.903025898333333

00:12:10.350 --> 00:12:12.570 getting an HPV infection,
NOTE Confidence: 0.903025898333333

00:12:12.570 --> 00:12:15.538 and so some patients can develop genital
NOTE Confidence: 0.903025898333333

00:12:15.538 --> 00:12:17.950 lesions of squamous cell carcinoma,
NOTE Confidence: 0.903025898333333

00:12:17.950 --> 00:12:20.462 and while not and while most skin cancers
NOTE Confidence: 0.903025898333333

00:12:20.462 --> 00:12:23.007 do happen in areas that are sun exposed,
NOTE Confidence: 0.903025898333333

00:12:23.010 --> 00:12:25.376 there are for some reasons some that
NOTE Confidence: 0.903025898333333

00:12:25.376 --> 00:12:27.810 do develop in areas that have been
NOTE Confidence: 0.903025898333333

00:12:27.810 --> 00:12:29.945 protected from the sun and these might
NOTE Confidence: 0.903025898333333

00:12:29.945 --> 00:12:32.240 occur due to other genetic reasons.
NOTE Confidence: 0.903025898333333

00:12:32.240 --> 00:12:34.005 And sometimes we don't fully
NOTE Confidence: 0.903025898333333

00:12:34.005 --> 00:12:35.417 understand why these happen,
NOTE Confidence: 0.903025898333333

00:12:35.420 --> 00:12:36.227 but they can,

NOTE Confidence: 0.903025898333333

00:12:36.227 --> 00:12:38.110 so that's what makes a total body

NOTE Confidence: 0.903025898333333

00:12:38.171 --> 00:12:39.567 skin exam particularly important

NOTE Confidence: 0.903025898333333

00:12:39.567 --> 00:12:42.010 for patients who are at high risk.

NOTE Confidence: 0.903025898333333

00:12:42.010 --> 00:12:42.560 Hmm,

NOTE Confidence: 0.876873714285714

00:12:42.970 --> 00:12:45.962 interesting and so you know when you were

NOTE Confidence: 0.876873714285714

00:12:45.962 --> 00:12:48.750 talking about the squamous cell carcinomas.

NOTE Confidence: 0.876873714285714

00:12:48.750 --> 00:12:51.837 In particular, you did mention that they

NOTE Confidence: 0.876873714285714

00:12:51.837 --> 00:12:55.415 can look wartlike and so is the pathway

NOTE Confidence: 0.876873714285714

00:12:55.415 --> 00:12:57.585 to getting squamous cell carcinomas

NOTE Confidence: 0.876873714285714

00:12:57.664 --> 00:13:00.220 and genital warts similar in the

NOTE Confidence: 0.876873714285714

00:13:00.220 --> 00:13:03.718 sense that they're both caused by HPV.

NOTE Confidence: 0.716327234

00:13:04.950 --> 00:13:06.910 So in some ways, yes,

NOTE Confidence: 0.716327234

00:13:06.910 --> 00:13:10.326 but not all squamous cells are due to

NOTE Confidence: 0.716327234

00:13:10.326 --> 00:13:13.878 that and so with HPV viral infection,

NOTE Confidence: 0.716327234

00:13:13.880 --> 00:13:15.168 our body is immune.

NOTE Confidence: 0.716327234

00:13:15.168 --> 00:13:17.608 System is often able to help to
NOTE Confidence: 0.716327234

00:13:17.608 --> 00:13:19.788 help clear those infections but
NOTE Confidence: 0.716327234

00:13:19.788 --> 00:13:21.532 with squamous cell carcinomas.
NOTE Confidence: 0.716327234

00:13:21.540 --> 00:13:23.448 It's a bit more complicated because
NOTE Confidence: 0.716327234

00:13:23.448 --> 00:13:25.627 it can involve HPV but can also
NOTE Confidence: 0.716327234

00:13:25.627 --> 00:13:27.319 involve other changes in the DNA
NOTE Confidence: 0.716327234

00:13:27.319 --> 00:13:29.080 of the skin called mutations
NOTE Confidence: 0.716327234

00:13:29.080 --> 00:13:30.845 that happen from sun damage.
NOTE Confidence: 0.900027448571429

00:13:32.310 --> 00:13:34.238 Now we're going to need to take a
NOTE Confidence: 0.900027448571429

00:13:34.238 --> 00:13:35.910 short break for a medical minute,
NOTE Confidence: 0.900027448571429

00:13:35.910 --> 00:13:38.052 but please stay tuned to learn more
NOTE Confidence: 0.900027448571429

00:13:38.052 --> 00:13:40.152 about Melanoma and skin cancers with
NOTE Confidence: 0.900027448571429

00:13:40.152 --> 00:13:42.027 my guest doctor Jonathan Leventhal,
NOTE Confidence: 0.86627578

00:13:42.500 --> 00:13:44.732 funding for Yale Cancer Answers comes
NOTE Confidence: 0.86627578

00:13:44.732 --> 00:13:46.879 from Smilow Cancer Hospital where the
NOTE Confidence: 0.86627578

00:13:46.879 --> 00:13:48.965 bladder cancer team is at the forefront

NOTE Confidence: 0.86627578

00:13:48.965 --> 00:13:51.497 of bladder cancer treatment and research.

NOTE Confidence: 0.86627578

00:13:51.500 --> 00:13:55.990 Learn more at yalecancercenter.org.

NOTE Confidence: 0.86627578

00:13:55.990 --> 00:13:58.750 The American Cancer Society estimates that

NOTE Confidence: 0.86627578

00:13:58.750 --> 00:14:01.535 more than 65,000 Americans will be diagnosed

NOTE Confidence: 0.86627578

00:14:01.535 --> 00:14:04.089 with head and neck cancer this year,

NOTE Confidence: 0.86627578

00:14:04.090 --> 00:14:07.345 making up about 4% of all cancers

NOTE Confidence: 0.86627578

00:14:07.345 --> 00:14:08.998 diagnosed when detected early.

NOTE Confidence: 0.86627578

00:14:08.998 --> 00:14:11.374 However, head and neck cancers are

NOTE Confidence: 0.86627578

00:14:11.374 --> 00:14:13.570 easily treated and highly curable.

NOTE Confidence: 0.86627578

00:14:13.570 --> 00:14:15.558 Clinical trials are currently

NOTE Confidence: 0.86627578

00:14:15.558 --> 00:14:17.546 underway at federally designated

NOTE Confidence: 0.86627578

00:14:17.546 --> 00:14:19.607 Comprehensive cancer centers such as

NOTE Confidence: 0.86627578

00:14:19.607 --> 00:14:21.617 Yale Cancer Center and its Smilow

NOTE Confidence: 0.86627578

00:14:21.617 --> 00:14:23.811 Cancer Hospital to test innovative new

NOTE Confidence: 0.86627578

00:14:23.811 --> 00:14:26.056 treatments for head and neck cancers.

NOTE Confidence: 0.86627578

00:14:26.056 --> 00:14:28.286 Yale Cancer Center was recently
NOTE Confidence: 0.86627578

00:14:28.286 --> 00:14:30.529 awarded grants from the National
NOTE Confidence: 0.86627578

00:14:30.529 --> 00:14:32.827 Institutes of Health to fund the
NOTE Confidence: 0.86627578

00:14:32.827 --> 00:14:35.434 Yale Head and neck Cancer Specialized
NOTE Confidence: 0.86627578

00:14:35.434 --> 00:14:37.734 program of Research Excellence or
NOTE Confidence: 0.86627578

00:14:37.734 --> 00:14:40.316 SPORE to address critical barriers to
NOTE Confidence: 0.86627578

00:14:40.316 --> 00:14:42.800 treatment of head and neck squamous
NOTE Confidence: 0.86627578

00:14:42.871 --> 00:14:45.163 cell carcinoma due to resistance to
NOTE Confidence: 0.86627578

00:14:45.163 --> 00:14:47.859 immune DNA damaging and targeted therapy.
NOTE Confidence: 0.86627578

00:14:47.860 --> 00:14:50.840 More information is available at
NOTE Confidence: 0.86627578

00:14:50.840 --> 00:14:52.181 yalecancercenter.org you're listening
NOTE Confidence: 0.86627578

00:14:52.181 --> 00:14:53.969 to Connecticut Public Radio.
NOTE Confidence: 0.8277637033333333

00:14:55.120 --> 00:14:57.358 Welcome back to Yale Cancer answers.
NOTE Confidence: 0.8277637033333333

00:14:57.360 --> 00:14:59.125 This is doctor Ennist Chapparr
NOTE Confidence: 0.8277637033333333

00:14:59.125 --> 00:15:01.403 and I'm joined tonight by my
NOTE Confidence: 0.8277637033333333

00:15:01.403 --> 00:15:03.199 guest doctor Jonathan Leventhal.

NOTE Confidence: 0.827763703333333

00:15:03.200 --> 00:15:05.408 We're here learning about the care

NOTE Confidence: 0.827763703333333

00:15:05.408 --> 00:15:07.262 of patients with melanomas and

NOTE Confidence: 0.827763703333333

00:15:07.262 --> 00:15:09.146 skin cancer in honor of Melanoma

NOTE Confidence: 0.827763703333333

00:15:09.146 --> 00:15:11.119 and skin Cancer Awareness Month.

NOTE Confidence: 0.827763703333333

00:15:11.120 --> 00:15:14.258 Now, right before the break Jonathan,

NOTE Confidence: 0.827763703333333

00:15:14.260 --> 00:15:16.870 you were mentioning that some squamous

NOTE Confidence: 0.827763703333333

00:15:16.870 --> 00:15:19.629 cell carcinoma is not all but some.

NOTE Confidence: 0.827763703333333

00:15:19.630 --> 00:15:22.647 Can occur in the genital area and

NOTE Confidence: 0.827763703333333

00:15:22.647 --> 00:15:25.920 may be related to HPV so I have

NOTE Confidence: 0.827763703333333

00:15:25.920 --> 00:15:28.350 one follow up question to that.

NOTE Confidence: 0.827763703333333

00:15:28.350 --> 00:15:30.222 Which is you know here are

NOTE Confidence: 0.827763703333333

00:15:30.222 --> 00:15:31.470 on Yale Cancer answers.

NOTE Confidence: 0.827763703333333

00:15:31.470 --> 00:15:34.510 We've talked a lot about the HPV vaccine

NOTE Confidence: 0.827763703333333

00:15:34.510 --> 00:15:37.759 and it's benefit in terms of preventing

NOTE Confidence: 0.827763703333333

00:15:37.759 --> 00:15:40.164 all kinds of different cancers,

NOTE Confidence: 0.827763703333333

00:15:40.170 --> 00:15:42.458 cervical cancer, anal cancer,
NOTE Confidence: 0.8277637033333333

00:15:42.458 --> 00:15:44.174 head neck cancers.
NOTE Confidence: 0.8277637033333333

00:15:44.180 --> 00:15:46.868 Does it reduce your risk of
NOTE Confidence: 0.8277637033333333

00:15:46.868 --> 00:15:49.150 squamous cell carcinomas as well?
NOTE Confidence: 0.8242904666666666

00:15:49.940 --> 00:15:52.523 So not in the sense of the
NOTE Confidence: 0.8242904666666666

00:15:52.523 --> 00:15:54.232 squamous cell carcinomas that
NOTE Confidence: 0.8242904666666666

00:15:54.232 --> 00:15:56.320 happen from ultraviolet damage,
NOTE Confidence: 0.8242904666666666

00:15:56.320 --> 00:15:57.700 which is a large chunk.
NOTE Confidence: 0.8242904666666666

00:15:57.700 --> 00:15:59.388 The way to prevent those is to avoid
NOTE Confidence: 0.8242904666666666

00:15:59.388 --> 00:16:01.397 the sun and use sun protective measures,
NOTE Confidence: 0.8242904666666666

00:16:01.400 --> 00:16:02.740 which I'm sure we'll discuss,
NOTE Confidence: 0.8242904666666666

00:16:02.740 --> 00:16:05.183 but in a sense, reducing HPV related
NOTE Confidence: 0.8242904666666666

00:16:05.183 --> 00:16:06.866 squamous cell carcinomas that tend
NOTE Confidence: 0.8242904666666666

00:16:06.866 --> 00:16:08.750 to occur in the genitals? Yes,
NOTE Confidence: 0.8614153

00:16:09.040 --> 00:16:11.400 well, let's segue into how
NOTE Confidence: 0.8614153

00:16:11.400 --> 00:16:14.150 we can reduce our risk of.

NOTE Confidence: 0.8614153

00:16:14.150 --> 00:16:17.150 Ultraviolet rays and how much that

NOTE Confidence: 0.8614153

00:16:17.150 --> 00:16:20.100 really reduces our risk of cancer.

NOTE Confidence: 0.896533917692308

00:16:20.230 --> 00:16:22.926 So when I talk to my patients about

NOTE Confidence: 0.896533917692308

00:16:22.926 --> 00:16:24.308 protecting themselves in the sun,

NOTE Confidence: 0.896533917692308

00:16:24.310 --> 00:16:26.445 especially those that are really high risk,

NOTE Confidence: 0.896533917692308

00:16:26.450 --> 00:16:28.763 I mean obviously we have to be able to

NOTE Confidence: 0.896533917692308

00:16:28.763 --> 00:16:31.045 go outside and enjoy ourselves and so

NOTE Confidence: 0.896533917692308

00:16:31.045 --> 00:16:33.576 I think that just using a little bit

NOTE Confidence: 0.896533917692308

00:16:33.576 --> 00:16:35.770 of common sense goes a very long way.

NOTE Confidence: 0.896533917692308

00:16:35.770 --> 00:16:37.336 So first of all, when you're

NOTE Confidence: 0.896533917692308

00:16:37.336 --> 00:16:39.597 outside for a long period of time,

NOTE Confidence: 0.896533917692308

00:16:39.600 --> 00:16:42.050 wearing a hat and sunglasses is really

NOTE Confidence: 0.896533917692308

00:16:42.050 --> 00:16:44.638 easy and something that's really important.

NOTE Confidence: 0.896533917692308

00:16:44.640 --> 00:16:46.400 You know seeking shade rather

NOTE Confidence: 0.896533917692308

00:16:46.400 --> 00:16:48.160 than lying out in tanning?

NOTE Confidence: 0.896533917692308

00:16:48.160 --> 00:16:50.414 Also, something that's just an easy one,
NOTE Confidence: 0.896533917692308

00:16:50.420 --> 00:16:52.076 but if you're going to be
NOTE Confidence: 0.896533917692308

00:16:52.076 --> 00:16:53.866 outside then we have, you know,
NOTE Confidence: 0.896533917692308

00:16:53.866 --> 00:16:55.238 protective measures with sunscreen.
NOTE Confidence: 0.896533917692308

00:16:55.240 --> 00:16:57.179 And there's two main types of sunscreens.
NOTE Confidence: 0.896533917692308

00:16:57.180 --> 00:16:58.644 There's physical blockers which
NOTE Confidence: 0.896533917692308

00:16:58.644 --> 00:17:00.872 often look like those white, pasty,
NOTE Confidence: 0.896533917692308

00:17:00.872 --> 00:17:02.832 zinc, or titanium dioxide and
NOTE Confidence: 0.896533917692308

00:17:02.832 --> 00:17:04.820 those block the sun rays.
NOTE Confidence: 0.896533917692308

00:17:04.820 --> 00:17:06.650 And then there's the chemical blockers.
NOTE Confidence: 0.896533917692308

00:17:06.650 --> 00:17:08.141 Those are the ones that kind of
NOTE Confidence: 0.896533917692308

00:17:08.141 --> 00:17:10.059 rub in a little bit more nicely,
NOTE Confidence: 0.896533917692308

00:17:10.060 --> 00:17:12.310 and those basically absorb the ultraviolet
NOTE Confidence: 0.896533917692308

00:17:12.310 --> 00:17:14.380 rays before they damage the skin.
NOTE Confidence: 0.896533917692308

00:17:14.380 --> 00:17:15.464 So absolutely.
NOTE Confidence: 0.896533917692308

00:17:15.464 --> 00:17:19.258 Using sunscreen, either type with an SPF.

NOTE Confidence: 0.896533917692308

00:17:19.260 --> 00:17:20.752 That's usually, you know.

NOTE Confidence: 0.896533917692308

00:17:20.752 --> 00:17:22.617 Dermatologists like to say 30

NOTE Confidence: 0.896533917692308

00:17:22.617 --> 00:17:24.729 or higher is very protective.

NOTE Confidence: 0.896533917692308

00:17:24.730 --> 00:17:26.366 It helps prevent sunburns,

NOTE Confidence: 0.896533917692308

00:17:26.366 --> 00:17:28.411 which we know dramatically increase

NOTE Confidence: 0.896533917692308

00:17:28.411 --> 00:17:31.005 the risk of all the major skin cancers

NOTE Confidence: 0.896533917692308

00:17:31.005 --> 00:17:33.172 and and really have been shown in

NOTE Confidence: 0.896533917692308

00:17:33.172 --> 00:17:35.260 studies to reduce the risk as well.

NOTE Confidence: 0.916911685

00:17:36.110 --> 00:17:38.048 So let me ask you this,

NOTE Confidence: 0.916911685

00:17:38.050 --> 00:17:40.270 if you're going to use sunscreen,

NOTE Confidence: 0.916911685

00:17:40.270 --> 00:17:43.014 do you have to wear like long sleeves

NOTE Confidence: 0.916911685

00:17:43.014 --> 00:17:45.798 and long pants and sit in the shade?

NOTE Confidence: 0.916911685

00:17:45.800 --> 00:17:47.655 Or is the sunscreen sufficient

NOTE Confidence: 0.916911685

00:17:47.655 --> 00:17:49.510 to block the sun rays?

NOTE Confidence: 0.861936813571429

00:17:50.300 --> 00:17:53.774 So the best thing that works the best is

NOTE Confidence: 0.861936813571429

00:17:53.774 --> 00:17:56.480 obviously avoiding direct sun exposure,
NOTE Confidence: 0.861936813571429

00:17:56.480 --> 00:17:58.451 and so if you are going to be in
NOTE Confidence: 0.861936813571429

00:17:58.451 --> 00:18:00.328 the shade wearing sun protective
NOTE Confidence: 0.861936813571429

00:18:00.328 --> 00:18:02.710 clothing with long sleeve and pants,
NOTE Confidence: 0.861936813571429

00:18:02.710 --> 00:18:03.874 you know you don't need to
NOTE Confidence: 0.861936813571429

00:18:03.874 --> 00:18:04.650 have sunscreen underneath it.
NOTE Confidence: 0.861936813571429

00:18:04.650 --> 00:18:06.618 You really want to apply sunscreen
NOTE Confidence: 0.861936813571429

00:18:06.618 --> 00:18:08.880 to the areas that are uncovered,
NOTE Confidence: 0.861936813571429

00:18:08.880 --> 00:18:10.651 but most of the time people want
NOTE Confidence: 0.861936813571429

00:18:10.651 --> 00:18:12.630 to be outside and enjoy themselves,
NOTE Confidence: 0.861936813571429

00:18:12.630 --> 00:18:15.798 and you know, including myself and so for me.
NOTE Confidence: 0.861936813571429

00:18:15.800 --> 00:18:17.954 You know, putting hat sunglasses and
NOTE Confidence: 0.861936813571429

00:18:17.954 --> 00:18:19.727 sunscreen on anywhere that's exposed
NOTE Confidence: 0.861936813571429

00:18:19.727 --> 00:18:21.935 like my arms if I'm wearing AT shirt,
NOTE Confidence: 0.861936813571429

00:18:21.940 --> 00:18:25.018 my neck not forgetting my ears
NOTE Confidence: 0.861936813571429

00:18:25.018 --> 00:18:26.044 really important.

NOTE Confidence: 0.861936813571429
00:18:26.050 --> 00:18:27.628 Something else that a lot of
NOTE Confidence: 0.861936813571429
00:18:27.628 --> 00:18:29.525 my patients seem to tell me is
NOTE Confidence: 0.861936813571429
00:18:29.525 --> 00:18:30.830 that they put on sunscreen,
NOTE Confidence: 0.861936813571429
00:18:30.830 --> 00:18:32.330 but yet they still get burned.
NOTE Confidence: 0.861936813571429
00:18:32.330 --> 00:18:34.650 And so when I talk to them a little bit more,
NOTE Confidence: 0.861936813571429
00:18:34.650 --> 00:18:35.910 it turns out that maybe they
NOTE Confidence: 0.861936813571429
00:18:35.910 --> 00:18:37.170 applied it in the morning,
NOTE Confidence: 0.861936813571429
00:18:37.170 --> 00:18:38.620 but then they were playing
NOTE Confidence: 0.861936813571429
00:18:38.620 --> 00:18:39.490 basketball or tennis,
NOTE Confidence: 0.861936813571429
00:18:39.490 --> 00:18:41.149 or were out playing golf all day
NOTE Confidence: 0.861936813571429
00:18:41.149 --> 00:18:42.570 and they never reapplied it.
NOTE Confidence: 0.861936813571429
00:18:42.570 --> 00:18:44.526 So after several hours you really
NOTE Confidence: 0.861936813571429
00:18:44.526 --> 00:18:46.510 need to reapply the sunscreen,
NOTE Confidence: 0.861936813571429
00:18:46.510 --> 00:18:48.846 especially if you're going to be sweating or,
NOTE Confidence: 0.861936813571429
00:18:48.850 --> 00:18:49.338 you know,
NOTE Confidence: 0.861936813571429

00:18:49.338 --> 00:18:51.046 jumping into the pool when coming out.
NOTE Confidence: 0.861936813571429

00:18:51.050 --> 00:18:53.258 The sunscreen will not work all day long.
NOTE Confidence: 0.911828914

00:18:53.350 --> 00:18:55.558 How do we get the sunscreen
NOTE Confidence: 0.911828914

00:18:55.558 --> 00:18:57.030 underneath those nail beds?
NOTE Confidence: 0.911828914

00:18:57.030 --> 00:19:00.760 If Melanoma can occur under your nail, so
NOTE Confidence: 0.846998576956522

00:19:00.830 --> 00:19:02.910 that's a good question, so the nails and
NOTE Confidence: 0.846998576956522

00:19:02.910 --> 00:19:05.117 you know the fingers you know you want
NOTE Confidence: 0.846998576956522

00:19:05.117 --> 00:19:07.110 to apply sunscreen to the skin itself.
NOTE Confidence: 0.846998576956522

00:19:07.110 --> 00:19:09.816 Regarding the nail beds, those types
NOTE Confidence: 0.846998576956522

00:19:09.816 --> 00:19:12.540 of melanomas likely are not solely
NOTE Confidence: 0.846998576956522

00:19:12.540 --> 00:19:15.466 driven by the sun rays and ultraviolet.
NOTE Confidence: 0.846998576956522

00:19:15.470 --> 00:19:17.225 You know, especially in patients
NOTE Confidence: 0.846998576956522

00:19:17.225 --> 00:19:18.629 with darker skin types,
NOTE Confidence: 0.846998576956522

00:19:18.630 --> 00:19:21.668 there seems to be more of genetic
NOTE Confidence: 0.846998576956522

00:19:21.670 --> 00:19:23.390 risk factors at play there,
NOTE Confidence: 0.846998576956522

00:19:23.390 --> 00:19:25.878 and so I don't think people need to

NOTE Confidence: 0.846998576956522
00:19:25.878 --> 00:19:27.459 drive themselves a little crazy.
NOTE Confidence: 0.846998576956522
00:19:27.460 --> 00:19:28.624 By applying sunscreen under,
NOTE Confidence: 0.846998576956522
00:19:28.624 --> 00:19:31.000 you know under and around their their nails.
NOTE Confidence: 0.846998576956522
00:19:31.000 --> 00:19:32.995 I think really the focus should be
NOTE Confidence: 0.846998576956522
00:19:32.995 --> 00:19:34.990 on on exposed areas of the skin.
NOTE Confidence: 0.900773203636364
00:19:35.260 --> 00:19:36.905 Next question. We have hair
NOTE Confidence: 0.900773203636364
00:19:36.905 --> 00:19:39.070 on the top of our heads,
NOTE Confidence: 0.900773203636364
00:19:39.070 --> 00:19:41.286 some more than others,
NOTE Confidence: 0.900773203636364
00:19:41.286 --> 00:19:44.056 so if you aren't bald,
NOTE Confidence: 0.900773203636364
00:19:44.060 --> 00:19:45.788 do you still need to wear a hat?
NOTE Confidence: 0.770163434
00:19:46.660 --> 00:19:48.480 So the answer is yes.
NOTE Confidence: 0.770163434
00:19:48.480 --> 00:19:51.774 Even in patients who have a lot of hair,
NOTE Confidence: 0.770163434
00:19:51.780 --> 00:19:54.258 you still can find sun damage,
NOTE Confidence: 0.770163434
00:19:54.260 --> 00:19:57.460 precancers and skin cancers develop.
NOTE Confidence: 0.770163434
00:19:57.460 --> 00:19:59.450 And so the ultraviolet rays
NOTE Confidence: 0.770163434

00:19:59.450 --> 00:20:01.336 can still cause skin damage,
NOTE Confidence: 0.770163434

00:20:01.336 --> 00:20:03.508 especially in the areas of the
NOTE Confidence: 0.770163434

00:20:03.508 --> 00:20:05.320 midline part or in patients
NOTE Confidence: 0.770163434

00:20:05.320 --> 00:20:07.050 who maybe have some thinning.
NOTE Confidence: 0.770163434

00:20:07.050 --> 00:20:09.250 Others may be a little bit more bald.
NOTE Confidence: 0.770163434

00:20:09.250 --> 00:20:11.945 You can certainly get skin cancers there.
NOTE Confidence: 0.770163434

00:20:11.950 --> 00:20:14.608 That's actually a really common place
NOTE Confidence: 0.770163434

00:20:14.608 --> 00:20:17.489 for men to develop skin cancers,
NOTE Confidence: 0.770163434

00:20:17.490 --> 00:20:21.146 and that's on areas of thin hair scalp.
NOTE Confidence: 0.862890384285714

00:20:21.570 --> 00:20:24.433 OK, let's suppose there are some men
NOTE Confidence: 0.862890384285714

00:20:24.433 --> 00:20:26.950 who are listening who may be bold,
NOTE Confidence: 0.862890384285714

00:20:26.950 --> 00:20:28.758 but they don't particularly
NOTE Confidence: 0.862890384285714

00:20:28.758 --> 00:20:30.566 enjoy wearing a hat.
NOTE Confidence: 0.862890384285714

00:20:30.570 --> 00:20:32.488 Could they just use sunscreen on the
NOTE Confidence: 0.862890384285714

00:20:32.488 --> 00:20:35.050 top of their head instead of wearing a hat,
NOTE Confidence: 0.862890384285714

00:20:35.050 --> 00:20:36.828 just like you would on your arms

NOTE Confidence: 0.862890384285714

00:20:36.828 --> 00:20:38.853 and legs if you didn't want to

NOTE Confidence: 0.862890384285714

00:20:38.853 --> 00:20:40.653 wear long sleeves and long pants,

NOTE Confidence: 0.71999222

00:20:41.190 --> 00:20:44.207 sure, so hat is clearly more protective,

NOTE Confidence: 0.71999222

00:20:44.210 --> 00:20:46.640 but if someone does not wish to wear a hat,

NOTE Confidence: 0.71999222

00:20:46.640 --> 00:20:48.688 then absolutely applying sunscreen

NOTE Confidence: 0.71999222

00:20:48.688 --> 00:20:52.198 onto the the scalp is is very helpful.

NOTE Confidence: 0.71999222

00:20:52.198 --> 00:20:53.778 And you know this really

NOTE Confidence: 0.71999222

00:20:53.778 --> 00:20:55.409 different types of sunscreen too.

NOTE Confidence: 0.71999222

00:20:55.410 --> 00:20:57.826 Some lotions that seem to rub in better,

NOTE Confidence: 0.71999222

00:20:57.830 --> 00:20:59.243 some are creams,

NOTE Confidence: 0.71999222

00:20:59.243 --> 00:21:01.127 others are actually sprays.

NOTE Confidence: 0.71999222

00:21:01.130 --> 00:21:02.525 Which some people actually prefer

NOTE Confidence: 0.71999222

00:21:02.525 --> 00:21:04.410 if they have thinning on the hair,

NOTE Confidence: 0.71999222

00:21:04.410 --> 00:21:06.168 they just spray on some sunscreen.

NOTE Confidence: 0.71999222

00:21:06.170 --> 00:21:08.510 So there's really different types.

NOTE Confidence: 0.71999222

00:21:08.510 --> 00:21:10.540 And what I tell patients is find
NOTE Confidence: 0.71999222

00:21:10.540 --> 00:21:12.729 a type that works best for you.
NOTE Confidence: 0.71999222

00:21:12.730 --> 00:21:14.650 Don't just ask well what's the best one.
NOTE Confidence: 0.71999222

00:21:14.650 --> 00:21:17.500 You want a sunscreen that blocks
NOTE Confidence: 0.71999222

00:21:17.500 --> 00:21:19.620 both ultraviolet and ultraviolet B,
NOTE Confidence: 0.71999222

00:21:19.620 --> 00:21:21.188 and most of the sunscreens on the shelf.
NOTE Confidence: 0.71999222

00:21:21.190 --> 00:21:23.630 Do that now and you want a sunscreen
NOTE Confidence: 0.71999222

00:21:23.630 --> 00:21:25.738 that you actually like and use
NOTE Confidence: 0.7178808475

00:21:26.450 --> 00:21:31.218 so the spray is a cool idea for.
NOTE Confidence: 0.7178808475

00:21:31.220 --> 00:21:33.085 Those of us who really
NOTE Confidence: 0.7178808475

00:21:33.085 --> 00:21:34.577 don't enjoy wearing hats.
NOTE Confidence: 0.7178808475

00:21:34.580 --> 00:21:37.779 Could we just spray over our hair?
NOTE Confidence: 0.7178808475

00:21:37.780 --> 00:21:38.752 Does that work?
NOTE Confidence: 0.7178808475

00:21:38.752 --> 00:21:40.372 Would that prevent skin cancer
NOTE Confidence: 0.7178808475

00:21:40.372 --> 00:21:42.130 and would it wreck our hair?
NOTE Confidence: 0.841980961

00:21:44.340 --> 00:21:45.966 So I don't wanna be blamed

NOTE Confidence: 0.841980961

00:21:45.966 --> 00:21:47.050 for some right hairstyles,

NOTE Confidence: 0.841980961

00:21:47.050 --> 00:21:48.640 but here's what I would say.

NOTE Confidence: 0.841980961

00:21:48.640 --> 00:21:49.824 The hats the best.

NOTE Confidence: 0.841980961

00:21:49.824 --> 00:21:51.600 If someone is balding and there's

NOTE Confidence: 0.841980961

00:21:51.657 --> 00:21:53.448 a lot of exposed skin, then yeah,

NOTE Confidence: 0.841980961

00:21:53.448 --> 00:21:55.600 I think spraying it's a really good idea.

NOTE Confidence: 0.841980961

00:21:55.600 --> 00:21:57.119 I don't think that you just want

NOTE Confidence: 0.841980961

00:21:57.119 --> 00:21:58.398 to go spraying sunscreen throughout

NOTE Confidence: 0.841980961

00:21:58.398 --> 00:22:00.144 your your hair because that's not

NOTE Confidence: 0.841980961

00:22:00.144 --> 00:22:01.879 going to be particularly helpful.

NOTE Confidence: 0.841980961

00:22:01.880 --> 00:22:04.152 You really want to get it on exposed

NOTE Confidence: 0.841980961

00:22:04.152 --> 00:22:06.777 skin and so for all those men out there

NOTE Confidence: 0.841980961

00:22:06.777 --> 00:22:09.137 who don't like to wear a hat but do

NOTE Confidence: 0.841980961

00:22:09.137 --> 00:22:11.504 have a bald scalp or hair thinning.

NOTE Confidence: 0.841980961

00:22:11.504 --> 00:22:13.844 Absolutely protecting it with sunscreen.

NOTE Confidence: 0.841980961

00:22:13.850 --> 00:22:16.615 It's very important and will reduce sunburns,
NOTE Confidence: 0.841980961

00:22:16.620 --> 00:22:17.964 will reduce ultraviolet damage
NOTE Confidence: 0.841980961

00:22:17.964 --> 00:22:19.980 to your skin and will therefore
NOTE Confidence: 0.841980961

00:22:20.038 --> 00:22:21.718 reduce you getting skin cancer.
NOTE Confidence: 0.864896317777778

00:22:22.310 --> 00:22:24.665 OK then the next thing
NOTE Confidence: 0.864896317777778

00:22:24.665 --> 00:22:26.549 you said was sunglasses.
NOTE Confidence: 0.864896317777778

00:22:26.550 --> 00:22:29.336 So is there a particular type of
NOTE Confidence: 0.864896317777778

00:22:29.336 --> 00:22:31.988 sunglasses that you should be wearing?
NOTE Confidence: 0.864896317777778

00:22:31.990 --> 00:22:34.462 Or are dark shades good enough
NOTE Confidence: 0.864896317777778

00:22:34.462 --> 00:22:37.340 or how does that kind of work?
NOTE Confidence: 0.839941328333333

00:22:37.710 --> 00:22:39.984 Yeah, so you actually can develop
NOTE Confidence: 0.839941328333333

00:22:39.984 --> 00:22:42.189 a Melanoma in in the eye.
NOTE Confidence: 0.839941328333333

00:22:42.190 --> 00:22:44.665 And while there's many different
NOTE Confidence: 0.839941328333333

00:22:44.665 --> 00:22:46.645 genetic and environmental risk
NOTE Confidence: 0.839941328333333

00:22:46.645 --> 00:22:48.630 factors that are important there,
NOTE Confidence: 0.839941328333333

00:22:48.630 --> 00:22:49.770 getting ultraviolet damage

NOTE Confidence: 0.839941328333333
00:22:49.770 --> 00:22:51.650 is clearly one of them.
NOTE Confidence: 0.839941328333333
00:22:51.650 --> 00:22:52.904 And so I just tell patients
NOTE Confidence: 0.839941328333333
00:22:52.904 --> 00:22:54.490 to find a pair of sunglasses,
NOTE Confidence: 0.839941328333333
00:22:54.490 --> 00:22:56.728 especially those that have UV protection,
NOTE Confidence: 0.839941328333333
00:22:56.730 --> 00:22:58.858 which many of the nicer brands do.
NOTE Confidence: 0.839941328333333
00:22:58.860 --> 00:23:00.855 And that's that's something that's
NOTE Confidence: 0.839941328333333
00:23:00.855 --> 00:23:03.230 important in addition to the eyes.
NOTE Confidence: 0.839941328333333
00:23:03.230 --> 00:23:05.390 Another area that's sometimes
NOTE Confidence: 0.839941328333333
00:23:05.390 --> 00:23:06.740 forgotten are the lips,
NOTE Confidence: 0.839941328333333
00:23:06.740 --> 00:23:08.630 and so I do tell patients also
NOTE Confidence: 0.839941328333333
00:23:08.694 --> 00:23:10.499 to don't forget about applying
NOTE Confidence: 0.839941328333333
00:23:10.499 --> 00:23:11.943 sunscreen to the lips,
NOTE Confidence: 0.839941328333333
00:23:11.950 --> 00:23:14.578 and so they're actually are special.
NOTE Confidence: 0.839941328333333
00:23:14.580 --> 00:23:16.624 Lip balms that have sunscreen in them,
NOTE Confidence: 0.839941328333333
00:23:16.630 --> 00:23:17.790 which patients can buy
NOTE Confidence: 0.825145391666667

00:23:18.080 --> 00:23:21.140 that's interesting. I didn't know that.
NOTE Confidence: 0.825145391666667

00:23:21.140 --> 00:23:24.596 What about getting back to the glasses part?
NOTE Confidence: 0.825145391666667

00:23:24.600 --> 00:23:27.659 UM, OK, fine, you can wear shades
NOTE Confidence: 0.825145391666667

00:23:27.659 --> 00:23:30.128 when you're not in the pool,
NOTE Confidence: 0.825145391666667

00:23:30.130 --> 00:23:31.768 but if you're jumping into a
NOTE Confidence: 0.825145391666667

00:23:31.768 --> 00:23:34.272 pool or a lake, let me tell you.
NOTE Confidence: 0.825145391666667

00:23:34.272 --> 00:23:35.684 Swimming with glasses on
NOTE Confidence: 0.825145391666667

00:23:35.684 --> 00:23:37.858 is a little bit tricky.
NOTE Confidence: 0.825145391666667

00:23:37.860 --> 00:23:39.630 So what do you do then?
NOTE Confidence: 0.8794288375

00:23:41.340 --> 00:23:44.380 If you are not going to wear sunglasses,
NOTE Confidence: 0.8794288375

00:23:44.380 --> 00:23:46.355 then you know applying sunscreen
NOTE Confidence: 0.8794288375

00:23:46.355 --> 00:23:48.286 to your face, and again,
NOTE Confidence: 0.8794288375

00:23:48.286 --> 00:23:51.715 you know you can totally go in the pool
NOTE Confidence: 0.8794288375

00:23:51.715 --> 00:23:54.919 with a really nice hat and you know if
NOTE Confidence: 0.8794288375

00:23:55.011 --> 00:23:57.999 you're worried about it getting wet,
NOTE Confidence: 0.8794288375

00:23:58.000 --> 00:24:01.738 you can totally take it off.

NOTE Confidence: 0.8794288375

00:24:01.740 --> 00:24:03.396 Apply sunscreen and then reapply it,

NOTE Confidence: 0.8794288375

00:24:03.400 --> 00:24:04.672 but I told my patients we

NOTE Confidence: 0.8794288375

00:24:04.672 --> 00:24:06.218 have to do the best we can.

NOTE Confidence: 0.8794288375

00:24:06.220 --> 00:24:07.858 You want to protect your skin.

NOTE Confidence: 0.8794288375

00:24:07.860 --> 00:24:09.774 We have so many different strategies

NOTE Confidence: 0.8794288375

00:24:09.774 --> 00:24:11.730 that we can use sunscreen.

NOTE Confidence: 0.8794288375

00:24:11.730 --> 00:24:12.970 Had some protective clothes

NOTE Confidence: 0.8794288375

00:24:12.970 --> 00:24:14.830 and a lot of my patients.

NOTE Confidence: 0.8794288375

00:24:14.830 --> 00:24:16.528 Once they develop a skin cancer,

NOTE Confidence: 0.8794288375

00:24:16.530 --> 00:24:18.190 they're saying to themselves, well,

NOTE Confidence: 0.8794288375

00:24:18.190 --> 00:24:19.726 that's it. I don't want anymore.

NOTE Confidence: 0.8794288375

00:24:19.730 --> 00:24:21.025 And so when they go in the

NOTE Confidence: 0.8794288375

00:24:21.025 --> 00:24:22.109 pool you better believe it.

NOTE Confidence: 0.8794288375

00:24:22.110 --> 00:24:23.230 They have a hat on.

NOTE Confidence: 0.8794288375

00:24:23.230 --> 00:24:25.192 They have a sun protective clothing

NOTE Confidence: 0.8794288375

00:24:25.192 --> 00:24:27.199 on they look like scuba divers
NOTE Confidence: 0.8794288375

00:24:27.199 --> 00:24:29.095 and and I think that's great
NOTE Confidence: 0.884457982222222

00:24:30.030 --> 00:24:32.754 so you know in terms of
NOTE Confidence: 0.884457982222222

00:24:32.754 --> 00:24:34.116 really protecting yourself,
NOTE Confidence: 0.884457982222222

00:24:34.120 --> 00:24:36.748 there are now some clothing brands
NOTE Confidence: 0.884457982222222

00:24:36.748 --> 00:24:39.554 that claim to have UV protection
NOTE Confidence: 0.884457982222222

00:24:39.554 --> 00:24:42.464 or they're kind of sun repellent.
NOTE Confidence: 0.884457982222222

00:24:42.470 --> 00:24:45.388 That clothing they're a little bit
NOTE Confidence: 0.884457982222222

00:24:45.388 --> 00:24:47.452 hard to find, but they are available.
NOTE Confidence: 0.884457982222222

00:24:47.452 --> 00:24:49.480 Is that worth it or is
NOTE Confidence: 0.884457982222222

00:24:49.558 --> 00:24:51.248 that just over the top?
NOTE Confidence: 0.863873005555555

00:24:52.200 --> 00:24:54.837 So I would never say it's over the top.
NOTE Confidence: 0.863873005555555

00:24:54.840 --> 00:24:57.654 If somebody's really worried about, you know,
NOTE Confidence: 0.863873005555555

00:24:57.654 --> 00:24:59.173 let's say they have had skin cancers,
NOTE Confidence: 0.863873005555555

00:24:59.180 --> 00:25:01.371 they really don't want to get anymore
NOTE Confidence: 0.863873005555555

00:25:01.371 --> 00:25:03.994 skin cancer and so clothing that has

NOTE Confidence: 0.863873005555555

00:25:03.994 --> 00:25:05.618 UPF ultraviolet protective factor.

NOTE Confidence: 0.863873005555555

00:25:05.620 --> 00:25:07.080 Those are great and you

NOTE Confidence: 0.863873005555555

00:25:07.080 --> 00:25:08.248 can order those online.

NOTE Confidence: 0.863873005555555

00:25:08.250 --> 00:25:10.714 You can find them at many different stores,

NOTE Confidence: 0.863873005555555

00:25:10.720 --> 00:25:13.177 but in general, if you're wearing clothing,

NOTE Confidence: 0.863873005555555

00:25:13.180 --> 00:25:14.436 you're wearing a hat.

NOTE Confidence: 0.863873005555555

00:25:14.436 --> 00:25:15.378 If you're wearing,

NOTE Confidence: 0.863873005555555

00:25:15.380 --> 00:25:17.660 you know long sleeve shirt and

NOTE Confidence: 0.863873005555555

00:25:17.660 --> 00:25:20.404 pants that tends to be a very

NOTE Confidence: 0.863873005555555

00:25:20.404 --> 00:25:21.924 good strategy to prevent.

NOTE Confidence: 0.863873005555555

00:25:21.930 --> 00:25:24.779 To protect your skin from UV damage,

NOTE Confidence: 0.898881396666667

00:25:25.730 --> 00:25:28.397 now the other thing while people are

NOTE Confidence: 0.898881396666667

00:25:28.397 --> 00:25:31.488 getting ready to hit the beach this summer,

NOTE Confidence: 0.898881396666667

00:25:31.490 --> 00:25:34.433 some people try to get kind of a head

NOTE Confidence: 0.898881396666667

00:25:34.433 --> 00:25:37.170 start on tanning by visiting their

NOTE Confidence: 0.898881396666667

00:25:37.170 --> 00:25:40.438 local tanning salon. OK or not? OK,
NOTE Confidence: 0.860066703703704

00:25:40.870 --> 00:25:41.764 definitely not. OK,
NOTE Confidence: 0.860066703703704

00:25:41.764 --> 00:25:44.532 so for some reason a lot of my patients
NOTE Confidence: 0.860066703703704

00:25:44.532 --> 00:25:46.972 would tell me that before going on a
NOTE Confidence: 0.860066703703704

00:25:47.037 --> 00:25:49.389 vacation they would get a head start.
NOTE Confidence: 0.860066703703704

00:25:49.390 --> 00:25:51.010 They would get a baseline tan,
NOTE Confidence: 0.860066703703704

00:25:51.010 --> 00:25:52.610 so we absolutely know.
NOTE Confidence: 0.860066703703704

00:25:52.610 --> 00:25:54.610 That especially for young women
NOTE Confidence: 0.860066703703704

00:25:54.610 --> 00:25:56.983 who seem to do this more than
NOTE Confidence: 0.860066703703704

00:25:56.983 --> 00:25:59.219 young men that using tanning beds,
NOTE Confidence: 0.860066703703704

00:25:59.220 --> 00:26:00.831 significantly increases your
NOTE Confidence: 0.860066703703704

00:26:00.831 --> 00:26:02.979 risk of getting Melanoma,
NOTE Confidence: 0.860066703703704

00:26:02.980 --> 00:26:04.848 and so absolutely no.
NOTE Confidence: 0.860066703703704

00:26:04.848 --> 00:26:06.716 No to tanning beds.
NOTE Confidence: 0.860066703703704

00:26:06.720 --> 00:26:08.776 If you want your skin to look tan,
NOTE Confidence: 0.860066703703704

00:26:08.780 --> 00:26:10.830 there's no harm in using

NOTE Confidence: 0.860066703703704

00:26:10.830 --> 00:26:12.060 an artificial Tanner.

NOTE Confidence: 0.860066703703704

00:26:12.060 --> 00:26:14.067 You just don't want to look like Ross from

NOTE Confidence: 0.860066703703704

00:26:14.067 --> 00:26:15.999 friends when he was all orange like a carrot.

NOTE Confidence: 0.860066703703704

00:26:16.000 --> 00:26:17.967 But there's no harm at all for

NOTE Confidence: 0.860066703703704

00:26:17.967 --> 00:26:19.270 using an artificial Tanner.

NOTE Confidence: 0.860066703703704

00:26:19.900 --> 00:26:23.010 OK, so?

NOTE Confidence: 0.912370082

00:26:23.010 --> 00:26:25.411 So we've gotten some tips now on

NOTE Confidence: 0.912370082

00:26:25.411 --> 00:26:28.331 kind of how to protect ourself and

NOTE Confidence: 0.912370082

00:26:28.331 --> 00:26:31.043 and protect ourselves from the sun.

NOTE Confidence: 0.912370082

00:26:31.050 --> 00:26:33.714 And we know what to look

NOTE Confidence: 0.912370082

00:26:33.714 --> 00:26:36.024 for in terms of Melanoma,

NOTE Confidence: 0.912370082

00:26:36.024 --> 00:26:39.228 squamous cell and basal cell cancers.

NOTE Confidence: 0.912370082

00:26:39.230 --> 00:26:41.477 But in terms of skin cancer you

NOTE Confidence: 0.912370082

00:26:41.477 --> 00:26:43.160 you also mentioned that there

NOTE Confidence: 0.912370082

00:26:43.160 --> 00:26:45.122 are things that are a little

NOTE Confidence: 0.912370082

00:26:45.122 --> 00:26:46.809 bit outside of our control,
NOTE Confidence: 0.912370082

00:26:46.810 --> 00:26:50.122 so genetic factors and so on and so forth.
NOTE Confidence: 0.912370082

00:26:50.130 --> 00:26:52.223 How do we know how much baseline
NOTE Confidence: 0.912370082

00:26:52.223 --> 00:26:53.120 risk we have?
NOTE Confidence: 0.912370082

00:26:53.120 --> 00:26:54.926 And the things that we can't control.
NOTE Confidence: 0.837863504

00:26:56.120 --> 00:26:57.720 That's a really great question.
NOTE Confidence: 0.837863504

00:26:57.720 --> 00:27:00.583 And so some of the genetic factors
NOTE Confidence: 0.837863504

00:27:00.583 --> 00:27:02.958 include our the type of skin,
NOTE Confidence: 0.837863504

00:27:02.960 --> 00:27:05.795 hair and nails and eye color that we have.
NOTE Confidence: 0.837863504

00:27:05.800 --> 00:27:06.892 So for instance,
NOTE Confidence: 0.837863504

00:27:06.892 --> 00:27:09.076 patients that have very white skin,
NOTE Confidence: 0.837863504

00:27:09.080 --> 00:27:11.756 lots of freckles, light hair like
NOTE Confidence: 0.837863504

00:27:11.756 --> 00:27:14.246 blonde or red hair, light eyes.
NOTE Confidence: 0.837863504

00:27:14.246 --> 00:27:16.364 Those are patients that we know
NOTE Confidence: 0.837863504

00:27:16.364 --> 00:27:19.117 have a far greater risk of burning.
NOTE Confidence: 0.837863504

00:27:19.120 --> 00:27:20.944 And these are also the patients that have

NOTE Confidence: 0.837863504

00:27:20.944 --> 00:27:23.209 a far greater risk of getting skin cancer.

NOTE Confidence: 0.837863504

00:27:23.210 --> 00:27:25.982 If a patient has many moles on their body,

NOTE Confidence: 0.837863504

00:27:25.990 --> 00:27:28.558 we also know that having over 100 moles

NOTE Confidence: 0.837863504

00:27:28.558 --> 00:27:30.989 and atypical appearing moles can increase

NOTE Confidence: 0.837863504

00:27:30.989 --> 00:27:33.149 your risk for developing Melanoma.

NOTE Confidence: 0.837863504

00:27:33.150 --> 00:27:34.711 So those are some of the things

NOTE Confidence: 0.837863504

00:27:34.711 --> 00:27:36.109 that we really can't control.

NOTE Confidence: 0.837863504

00:27:36.110 --> 00:27:36.914 In addition,

NOTE Confidence: 0.837863504

00:27:36.914 --> 00:27:38.924 we also know that genetics

NOTE Confidence: 0.837863504

00:27:38.930 --> 00:27:40.470 is important here as well.

NOTE Confidence: 0.837863504

00:27:40.470 --> 00:27:43.014 So if we have a strong genetic history

NOTE Confidence: 0.837863504

00:27:43.014 --> 00:27:45.110 of others who have skin cancer,

NOTE Confidence: 0.837863504

00:27:45.110 --> 00:27:46.796 that could also increase your risk.

NOTE Confidence: 0.8131161533333333

00:27:47.330 --> 00:27:49.234 Great one last question.

NOTE Confidence: 0.8131161533333333

00:27:49.234 --> 00:27:53.199 You did mention that one of the things.

NOTE Confidence: 0.8131161533333333

00:27:53.200 --> 00:27:55.468 That we should be thinking about
NOTE Confidence: 0.8131161533333333

00:27:55.468 --> 00:27:57.520 is getting regular skin checks.
NOTE Confidence: 0.8131161533333333

00:27:57.520 --> 00:28:00.064 So how do we know whether we should
NOTE Confidence: 0.8131161533333333

00:28:00.064 --> 00:28:02.569 get a skin check who we should
NOTE Confidence: 0.8131161533333333

00:28:02.569 --> 00:28:05.191 go and see about that and how
NOTE Confidence: 0.8131161533333333

00:28:05.191 --> 00:28:07.660 often that should be done? Advice?
NOTE Confidence: 0.9120029883333334

00:28:08.450 --> 00:28:10.268 Yes, so in general not everybody
NOTE Confidence: 0.9120029883333334

00:28:10.268 --> 00:28:12.230 needs to get his skin check.
NOTE Confidence: 0.9120029883333334

00:28:12.230 --> 00:28:14.222 Get his skin, check a total body skin
NOTE Confidence: 0.9120029883333334

00:28:14.222 --> 00:28:16.508 check by a board certified dermatologist.
NOTE Confidence: 0.9120029883333334

00:28:16.510 --> 00:28:18.701 If you're somebody who has a person
NOTE Confidence: 0.9120029883333334

00:28:18.701 --> 00:28:20.588 or family history of skin cancer.
NOTE Confidence: 0.9120029883333334

00:28:20.590 --> 00:28:22.792 If you think that you're someone
NOTE Confidence: 0.9120029883333334

00:28:22.792 --> 00:28:25.231 who has these genetic or phenotypic
NOTE Confidence: 0.9120029883333334

00:28:25.231 --> 00:28:27.466 risks of developing skin cancer.
NOTE Confidence: 0.9120029883333334

00:28:27.470 --> 00:28:29.423 And if you have something on your

NOTE Confidence: 0.912002988333334

00:28:29.423 --> 00:28:31.209 skin that you're concerned about,

NOTE Confidence: 0.912002988333334

00:28:31.210 --> 00:28:32.938 definitely see a dermatologist.

NOTE Confidence: 0.928784562

00:28:33.580 --> 00:28:35.515 Doctor Jonathan Leventhal is an

NOTE Confidence: 0.928784562

00:28:35.515 --> 00:28:37.063 assistant professor of dermatology

NOTE Confidence: 0.928784562

00:28:37.063 --> 00:28:39.079 at the Yale School of Medicine.

NOTE Confidence: 0.928784562

00:28:39.080 --> 00:28:41.100 If you have questions,

NOTE Confidence: 0.928784562

00:28:41.100 --> 00:28:43.072 the address is canceranswers@yale.edu

NOTE Confidence: 0.928784562

00:28:43.072 --> 00:28:45.784 and passed editions of the program

NOTE Confidence: 0.928784562

00:28:45.784 --> 00:28:48.128 are available in audio and written

NOTE Confidence: 0.928784562

00:28:48.128 --> 00:28:49.044 form at yalecancercenter.org.

NOTE Confidence: 0.928784562

00:28:49.044 --> 00:28:51.476 We hope you'll join us next week to

NOTE Confidence: 0.928784562

00:28:51.476 --> 00:28:53.328 learn more about the fight against

NOTE Confidence: 0.928784562

00:28:53.328 --> 00:28:54.823 cancer here on Connecticut Public

NOTE Confidence: 0.928784562

00:28:54.878 --> 00:28:57.210 radio funding for Yale Cancer Answers

NOTE Confidence: 0.928784562

00:28:57.210 --> 00:29:00.000 is provided by Smilow Cancer Hospital.