

Too Much Sun causes Skin Cancer

Over exposure to sunlight is regarded as the main cause of skin cancer. Most of skin cancer occurs in parts or areas that constantly expose to sunlight, such as face, neck, forearm etc. People with fair complexion and light color of eyeball and hair may also have a higher risk of developing skin cancer, because they are lack of melanin, which protects the skin from ultraviolet in the sunlight. Other risk factors include exposure to chemical carcinogen, radiation and chronic ulceration etc.

There are three main types of skin cancer. Basal cell carcinoma (rodent ulcer) is the most common malignant tumor, which constituted 75% of skin cancer cases. Its tumor usually grows slowly though it will spread to the bones and cause deformation. Squamous cell carcinoma has a high tendency of metastasis. It tends to be found in men and those who are vulnerable to sunburn. Patients who have received transplantation, being treated with anti-rejection drug, and received phototherapy for long time are prone to have this kind of cancer. Malignant melanoma is less common, but it is more severe than others. Around three quarters of mortality of skin cancers suffered from malignant melanoma.

Skin cancer can be treated with surgery as well as radiotherapy. Basal cell carcinoma can sometimes be treated with cryotherapy and electrosurgery, although 5-10% of cases will relapse. Plastic reconstruction may be required if an extensive area of skin is removed. To prevent skin cancer, regular self-examination is essential. Medical advice should be sought if any abnormal growth of moles, lumps and chronic wounds are noted.