



Cancer Awareness

Head & Neck

Skin

Urological

Lung

Dr Robin Pullen 20/06/16




Head & Neck Cancers

- ▶ Lumps-
 - ▶ Neck- persistent lumps >45 (4-6 weeks)
any unexplained lumps in neck
 - ▶ Thyroid- unexplained thyroid lump
 - ▶ Oral cavity lump- tongue or lips if unexplained
- ▶ Ulceration- unexplained- lasting > 3 weeks
- ▶ Colour changes to oral mucosa- odd patches of red or white skin- (dental review?)
- ▶ Hoarseness- persistent or unexplained > 45



Head & Neck Cancer- prevention

- All, apart from Thyroid cancer, are strongly linked with smoking and excessive alcohol intake.
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Skin Cancer

➤ Malignant Melanoma

➤ These are almost exclusively enlarging black/brown lesions

➤ Checklist to consider

➤ Changing shape (>7mm)

➤ Irregular shape

➤ Irregular colour

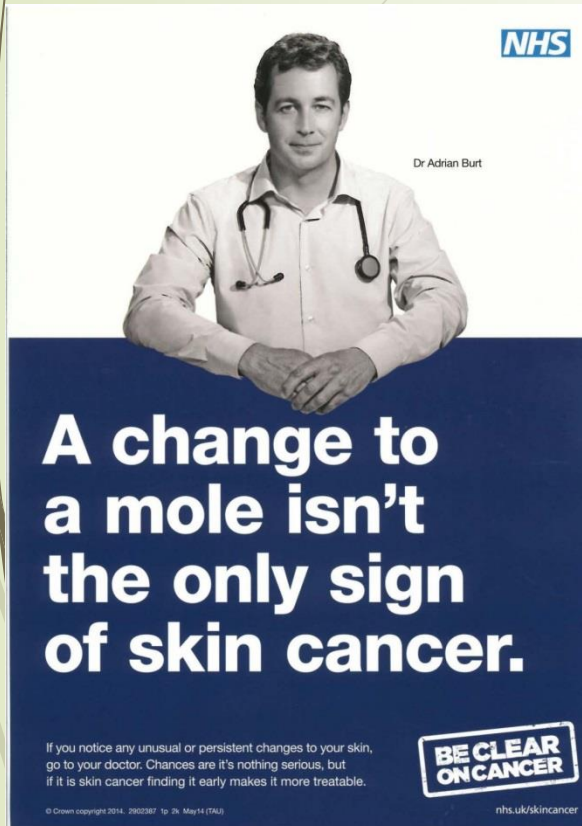
➤ Inflammation

➤ Oozing

➤ Change in sensation- itch

➤ Compare to other skin lesions- looking for a Black Swan

➤ Nodularity (raised/lumpy) is more worrying



NHS

Dr Adrian Burt

A change to a mole isn't the only sign of skin cancer.

BE CLEAR ON CANCER

If you notice any unusual or persistent changes to your skin, go to your doctor. Chances are it's nothing serious, but if it is skin cancer finding it early makes it more treatable.

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nhs.uk/skincancer



Skin Cancer


- Malignant melanoma

- Photos- have to be very good to be useful to be able to document change- (rashes they can be very useful)
- Not just about cumulative exposure to sunlight
 - Thought to be related to burning especially as a child
- Early presentation has a big impact on rates of cure.



Skin Cancer- The Rest

- ▶ Related to cumulative sun exposure- often on sun exposed sites- head, neck, ears, arms, hands and lower legs
 - ▶ Squamous cell carcinoma – enlarging scaly or crusty lumps, grow weeks to month (relatively fast). Sometimes tender and may ulcerate. More common in immunocompromised.
 - ▶ Basal Cell Carcinoma (Rodent ulcer)- usually ulcerated, raised rolled edges. Common to head and neck and upper chest. Do not spread- Routine referral.



Skin Cancer- prevention

- Safe sun exposure is healthy and promotes wellbeing and builds up supplies of vitamin D
- Avoid burning especially as a child
- Avoidance of midday sun and the use of shade, sun hats and sunglasses is better than any lotion or cream
- Hair is a brilliant sun guard. If you have little.. wear a hat!
- Immunocompromised at higher risk of SCC.



Urological Cancers- Kidneys, Bladder, Prostate, Testicles & Penis

➤ Kidneys and Bladder-

- frank blood in urine if no UTI over age 45
- Persistent dipstick haematuria over 60 if no other cause identified
- Consider investigation if persistent or recurrent UTIs

➤ Testicles and Penis

- Lumps and pain to scrotum- common- usually USS is sufficient
- Painless changing testicle- more concerning and need urgent referral
- Penile lumps, ulceration or unexplained changes to foreskin



Urological Cancers

- ▶ Prostate

- ▶ Consider in Lower Urinary Tract symptoms (LUTS) and new presentation of Erectile Dysfunction

- ▶ Examination- DRE

- ▶ PSA testing

- ▶ PSA- screening- complex and not clear-cut

Urological Cancer- Prevention

- Again stopping smoking is most practical thing one can do
- Routine Health Checks will dipstick urine.



nhs.uk/bloodinpee

**Noticed blood in your pee?
Tell your doctor straight away.**

Blood in your pee could be an early sign of bladder or kidney cancer, even if it only happens once. Finding it early makes it more treatable.



Dr Jyoti Sood





Lung Cancer

- A new chronic cough +/- blood in sputum is the cardinal sign
- Other symptoms include
 - Fatigue/ wt loss
 - Breathlessness
 - Chest Pain

**Been coughing
for 3 weeks?
Tell your doctor.**



nhs.uk/lungcancer



Lung Cancer- prevention

- Smoking and asbestos exposure are the two most important risk factors
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Questions?