

外语标题

Skin Cancer

Skin cancer is the most common type of cancer in the United States. It is normal for your body to replace old cells with new ones. Sometimes skin cells keep dividing when new cells are not needed and skin cancer occurs.

Risk Factors

Anyone, including people with dark skin, hair and eyes, can develop skin cancer, not just those at higher risk. You are at higher risk if you have:

- Spent a lot of time in the sun
- Family members with skin cancer
- Certain types or a large number of moles
- Skin that burns or freckles in the sun
- Light-colored skin, hair and eyes

Prevention

- Avoid being in the sun from 10 AM to 4 PM.
- Wear clothing such as a hat, long sleeves and pants to block the sun's rays.
- Use a sunscreen with a sun protection factor (SPF) of 15 or higher year round when you are going outside. Reapply as directed on the bottle.
- Learn to know what skin cancer looks like.
- Check your skin monthly. Report any changes to your doctor.

皮肤癌是美国最常见的癌症。身体细胞的更新换代是非常正常的现象。当不需要新细胞时皮肤细胞仍然分裂，就会形成皮肤癌。

风险因素

任何人（包括皮肤、毛发和眼睛颜色较深的人士）都有可能罹患皮肤癌，而不仅仅是皮肤癌高危人群。如果您具有以下情况，则存在较高风险：

- 长时间暴露在阳光下
- 家人罹患皮肤癌
- 长有某些类型的痣或许多痣
- 皮肤晒伤或形成晒斑
- 皮肤、毛发和眼睛颜色浅

预防

- 早上 10 点至下午 4 点避免接触阳光。
- 穿戴帽子、长袖衣服和长裤等衣物来阻隔太阳光线。
- 始终在外出时使用防晒系数（SPF）大于等于 15 的防晒霜。按照瓶身说明重复涂抹。
- 了解皮肤癌的症状。
- 每月检查一次皮肤。将皮肤的任何变化告知医生。

- If you are at risk, see a doctor who specializes in the skin called a dermatologist each year for a skin exam.

There are 3 major types of skin cancer:

Basal Cell Carcinoma (BCC):

This is the most common. This cancer grows in the basal cells in the lowest layer of the skin. This type grows slowly and rarely spreads to other parts of the body, but early treatment is needed. This type appears on skin exposed to the sun such as the face, ears, scalp and upper body. Look for:

- Shiny or pearly bumps or growths
- A sore that heals and then re-opens
- A pink, slightly raised growth
- Red, irritated patches of skin
- A waxy scar

Squamous Cell Carcinoma (SCC):

This cancer grows in the squamous cells in the upper layer of the skin. This type can be found anywhere including the inside of the mouth and the genital area. Get early treatment to prevent the spread of this cancer. Look for a crusty or scaly patch of skin often with a red base.

Melanoma:

This type begins in the skin cells that give skin its color. Melanoma can spread quickly to other tissues and organs. The cure rate is high with early treatment.

Look for changes in moles or new moles where:

- One half of the mole does not match the other half.

- 如果您有罹患风险，请每年到皮肤科医生处接受皮肤检查。

皮肤癌主要有三种类型：

基底细胞癌（BCC）：

这是最常见的一种皮肤癌，出现在皮肤最底层的基细胞中。这种癌症发展缓慢，很少扩散到身体的其他部位，但需要及早治疗。这种癌症出现于暴露在外的皮肤，例如脸部、耳朵、头皮和上身。检查是否有以下情况：

- 闪亮或珍珠般的疙瘩或肿块
- 痊愈又复发的溃疡
- 轻微凸起的粉色肿块
- 发炎的皮肤红斑
- 蜡状疤痕

鳞状细胞癌（SCC）：

这种癌症出现在皮肤上层的鳞状细胞中，可见于口腔内部和生殖区等不同部位。需要及早治疗以避免扩散。检查皮肤上是否出现硬皮斑点或鳞状斑点，通常伴有红色基底。

黑素瘤：

黑素瘤始发于为皮肤上色的皮肤细胞。黑素瘤可快速扩散至其他组织和器官。若及早治疗，治愈率较高。

观察痣的变化或新痣是否具有以下特征：

- 痣的形状不对称。

- The edges of the mole are uneven or ragged.
 - The color is uneven with more than one shade or color present.
 - The size is larger than a pencil eraser or there is any change in size.
 - There are changes in the way it feels. It may itch, feel dry, lumpy, swollen or tender.
- 痣的边缘不整齐或呈锯齿状。
 - 颜色不均，并且具有多种色调或颜色。
 - 尺寸大于橡皮擦或尺寸发生任何变化。
 - 触感发生变化。可能发痒、感觉干燥、粗糙多块、肿胀或触痛。

Your care

Treatment involves removing the tissue suspected of being skin cancer from the skin. This is done in the doctor's office or in the hospital. The tissue is sent to a lab to check for cancer cells. This is called a biopsy. Often, no further treatment is needed. Skin cancer may also be treated with radiation therapy and chemotherapy.

Talk to your doctor or nurse if you have any questions or concerns.

治疗护理

治疗包括切除皮肤上的疑似患皮肤癌组织。这可在诊所或医院进行。组织会被送到实验室检查是否具有癌细胞。这称为“活组织检查”。通常无需进一步治疗。皮肤癌还可通过放射治疗和化学疗法进行治疗。

如果有任何疑问或担心，请咨询医生或护士。