

# 皮膚癌

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

皮膚癌是美國最常見的癌症。身體新舊細胞的汰換屬正常現象。在不需要新細胞時皮膚細胞持續分裂，就會形成皮膚癌。

### 風險因數

任何人（包括膚色、髮色與眼睛顏色偏深的人士）都可能罹患皮膚癌，並非只有高風險族群。如果您具有下列情況，則存在較高風險：

- 長時間暴露在陽光下
- 家族成員中有皮膚癌患者
- 身上有某些類型的痣或很多痣
- 皮膚曬傷或有曬斑
- 膚色、髮色與眼睛顏色偏淺

### 預防

- 早上 10 點到下午 4 點避免日曬。
- 穿戴帽子、長袖衣服與長褲等衣物來阻隔太陽光線。
- 始終在外出時使用防曬係數（SPF）15 或以上的防曬霜。按照瓶身說明重複塗抹。
- 瞭解皮膚癌的症狀。
- 每月檢查皮膚狀況。向醫生告知任何改變。
- 若發現自己有患癌風險，請每年到皮膚科醫生處接受皮膚檢查。

## 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.
- The edges of the mole are uneven or ragged.
- The color is uneven with more than one shade or color present.

## 皮膚癌主要有 3 種類型：

### 基底細胞癌 (BCC)：

這是最常見的皮膚癌，腫瘤會長在皮膚最底層的基底細胞上。這類癌症增長速度慢，很少擴散到其他身體部位，但仍然需要及早治療。這類癌症會出現在曝露於陽光下的肌膚上，如臉部、耳朵、頭皮與上半身。檢查是否有以下情況：

- 發亮或珍珠般的腫塊或增生物
- 痊愈又復發的潰瘍
- 輕微凸起的粉色增生物
- 發炎的紅色皮膚斑塊
- 蠟狀疤痕

### 鱗狀細胞癌 (SCC)：

癌症會出現於皮膚最上層鱗狀細胞上，可見於各種部位，包括口腔內側及生殖器周圍。及早治療以防止癌症擴散。查看皮膚上是否有硬皮或鱗片斑塊，通常伴有紅色基質。

### 黑色素瘤：

這類癌症始發於為皮膚上色的皮膚細胞。黑色素瘤會快速擴散到其他組織與器官。若及早治療，治癒率高。

觀察痣的變化或新痣是否有以下特徵：

- 痣的形狀不對稱。
- 痣的邊緣不整齊或呈鋸齒狀。
- 顏色不均且出現一種以上的色度或顏色。

- 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.

## 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.**

- 尺寸比鉛筆擦大，或尺寸有所改變。
- 觸覺發生變化。可能發癢、感覺乾燥、粗糙多塊、腫脹或觸痛。

## 治療護理

治療包括切除皮膚上可疑的皮膚癌組織。這可以在醫師診所或醫院進行。組織會被送到實驗室進行癌細胞檢查，這被稱為活體組織切片檢查。通常，不需要進一步治療。皮膚癌也可利用放射療法和化學療法處理。

**若您有任何疑問或擔憂，請諮詢您的醫生或護士。**