



# Dermatology & Cancer Prevention

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Transplant Dermatologist  
Mohs Surgeon  
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Seborrheic keratoses

Lentigines

Actinic keratoses

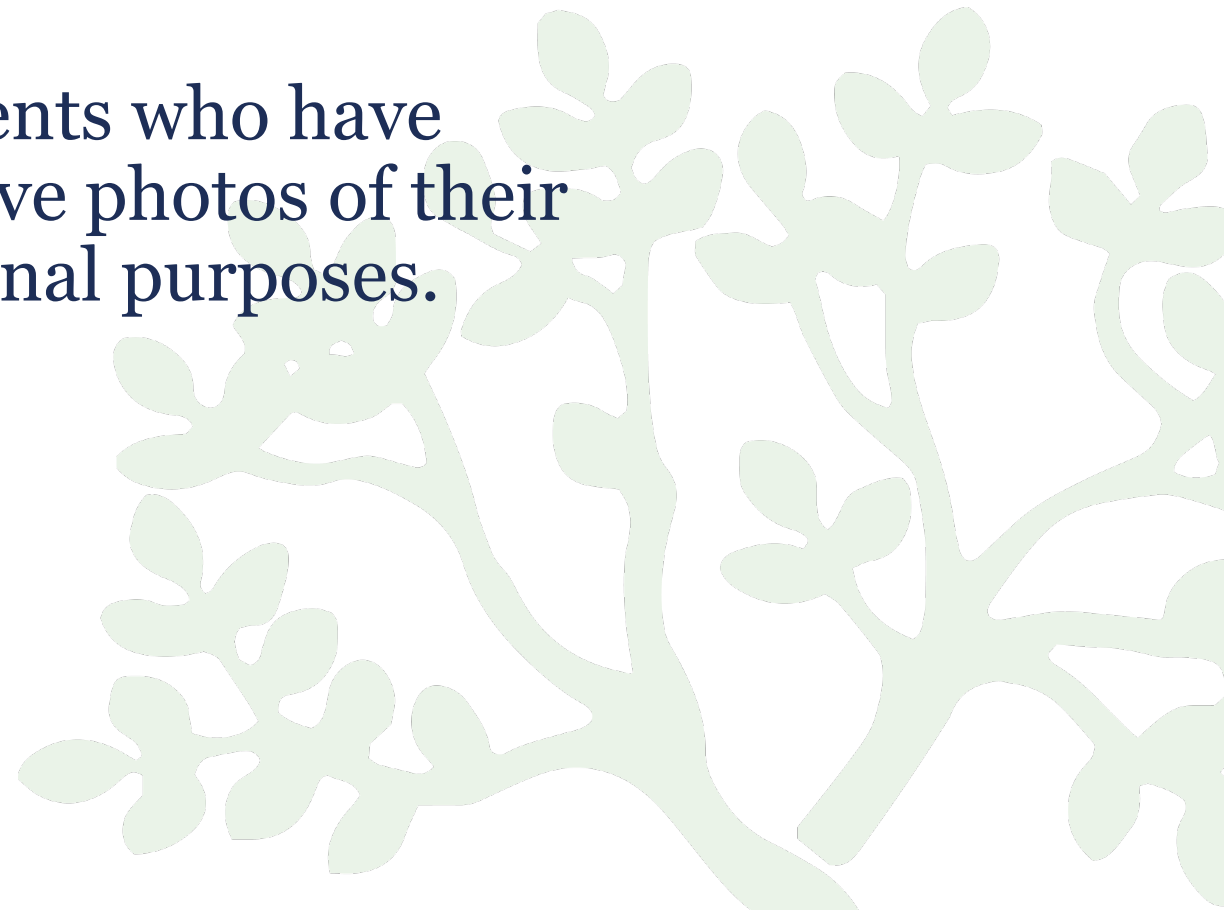


*I have no financial relationship with any of the companies/products that I am discussing.*

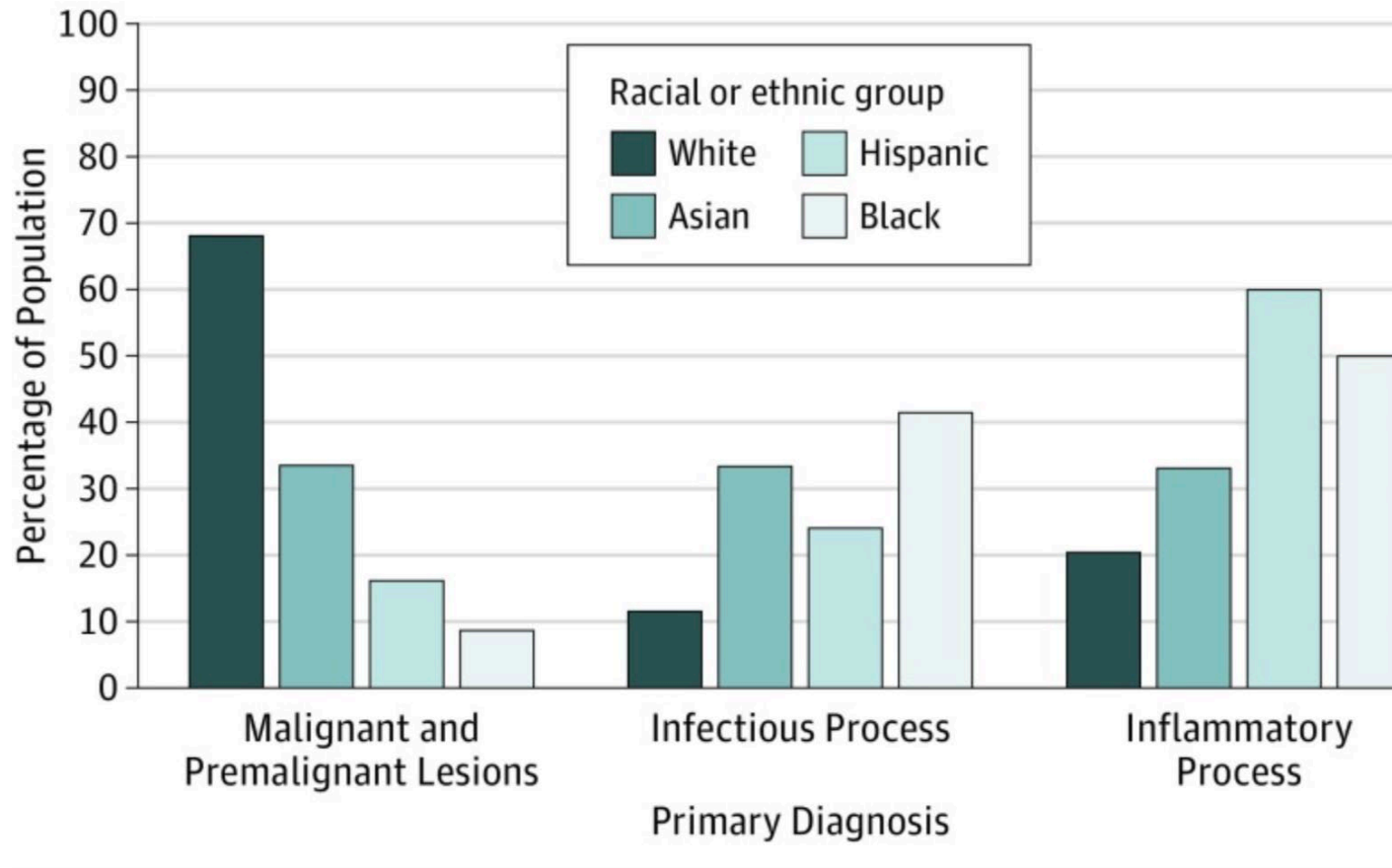


*This presentation contains photos from patients I have treated.*

I am grateful to all the patients who have generously consented to have photos of their condition used for educational purposes.



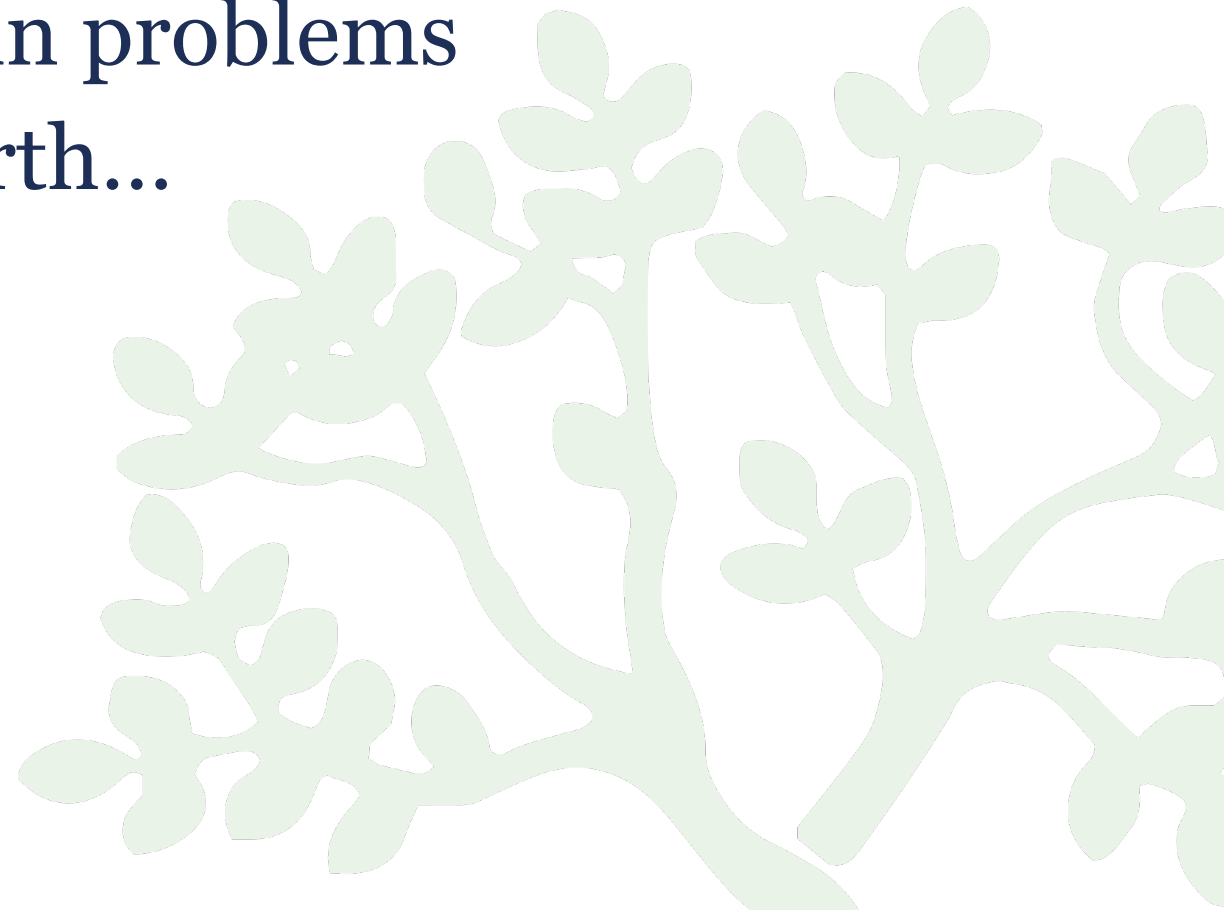
# Racial differences in Dermatologic Disease



# Outline



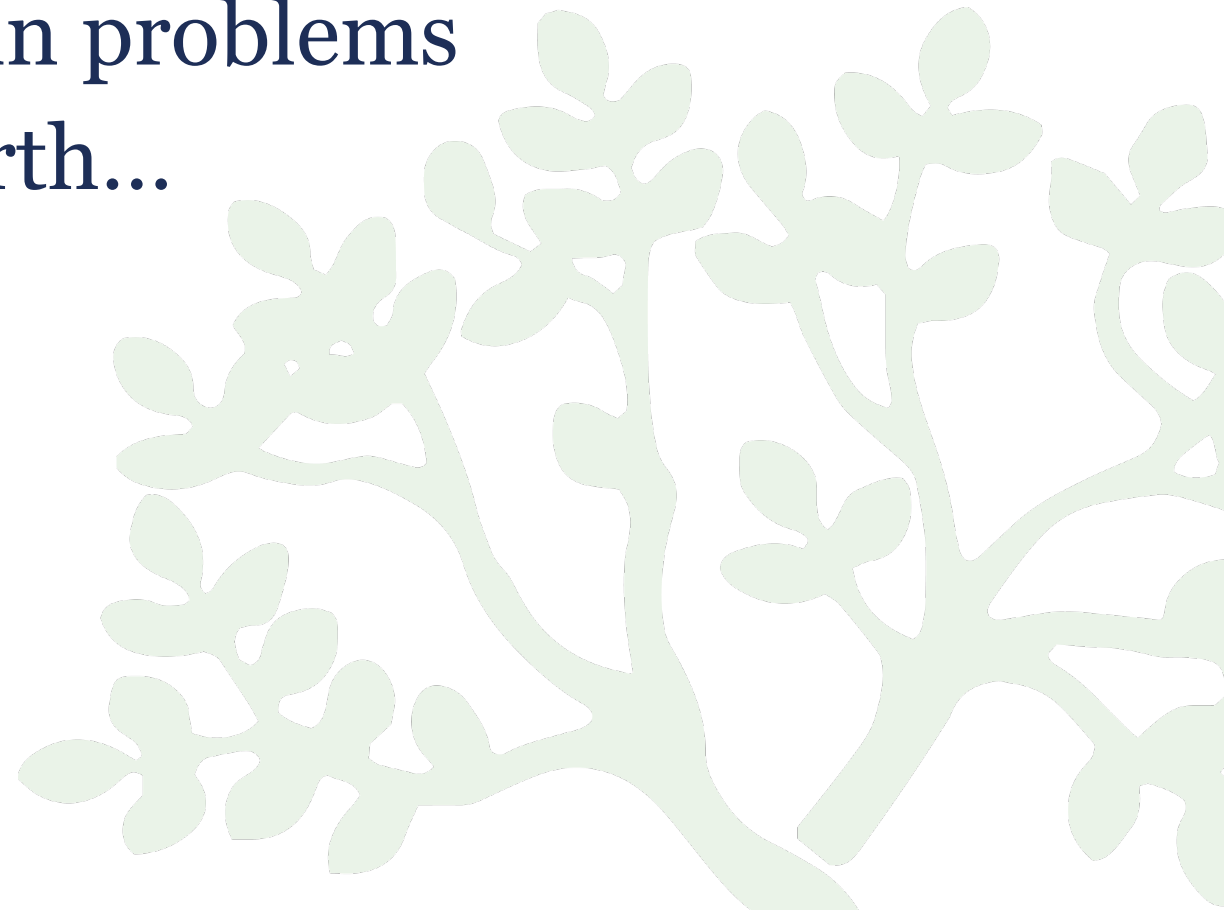
- *Not worrisome, just annoying* skin problems
- *Worrisome and annoying* skin problems
- An ounce of prevention is worth...
  
- Questions



# Outline



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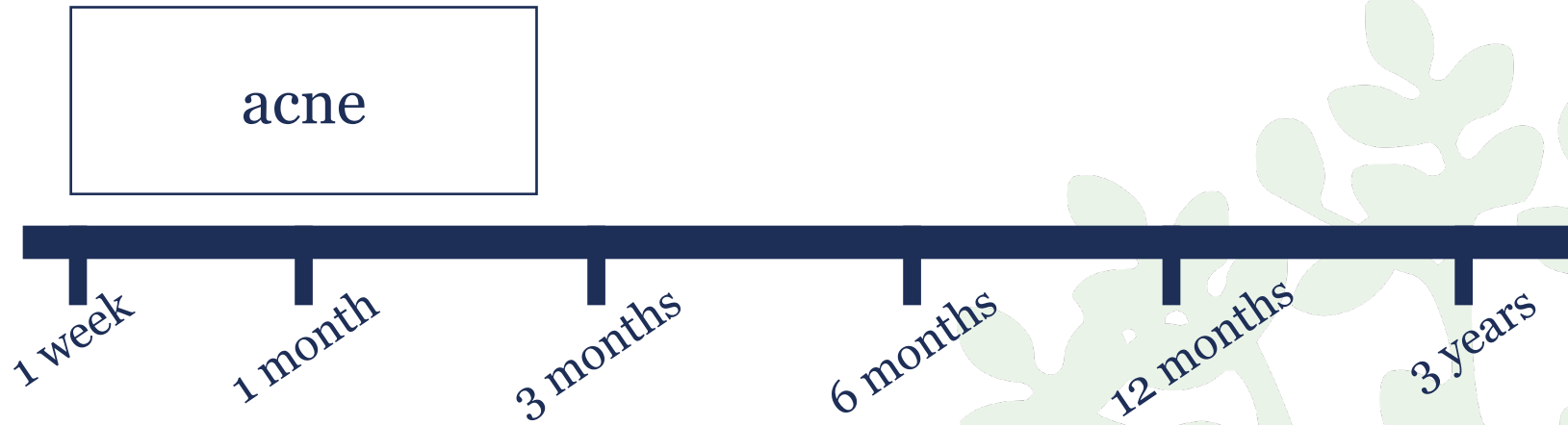
# Not worrisome\*, just annoying skin problems



\* To me as a dermatologist



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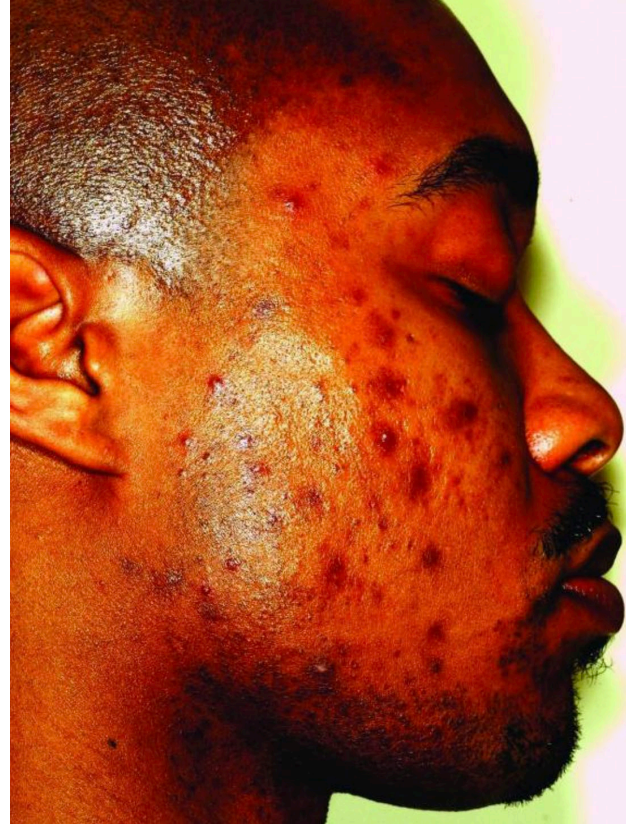
\* To me as a dermatologist

# Steroid acne



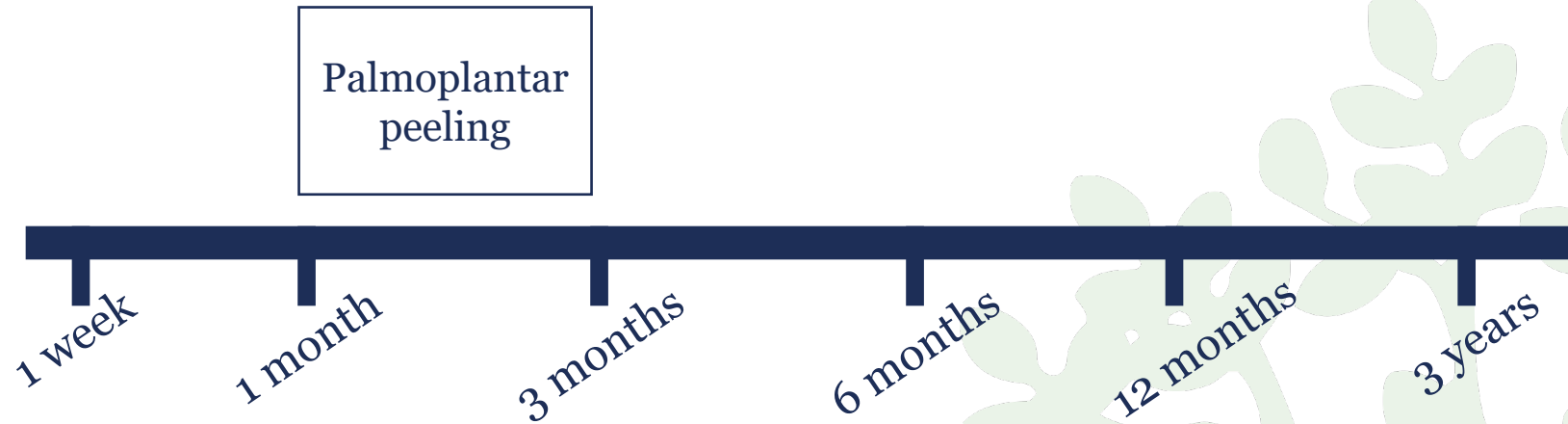
- Often dose dependent
- Treatment: standard acne regimen

# Acneiform eruption



- Often due to sirolimus
- Treatment: prescription oral retinoid

# Not worrisome\*, just annoying skin problems



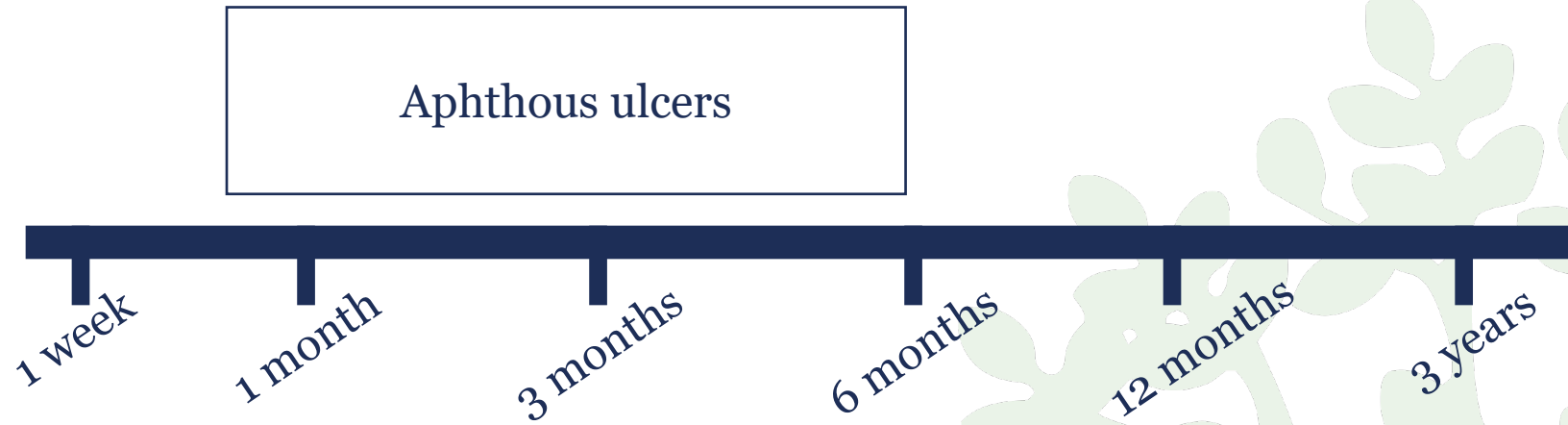
\* To me as a dermatologist

# Palmoplantar peeling



- Typically related to sirolimus
- Treatment: Prescription oral retinoid

# Not worrisome\*, just annoying skin problems



\* To me as a dermatologist

# Aphthous ulcers aka Canker sores



- Sirolimus, Everolimus, Tacrolimus, Cyclosporine, Mycophenolate,
- Treatment: prescription steroid paste

# Not worrisome\*, just annoying skin problems

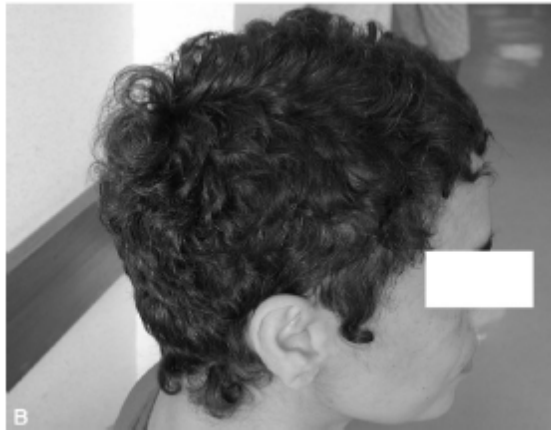
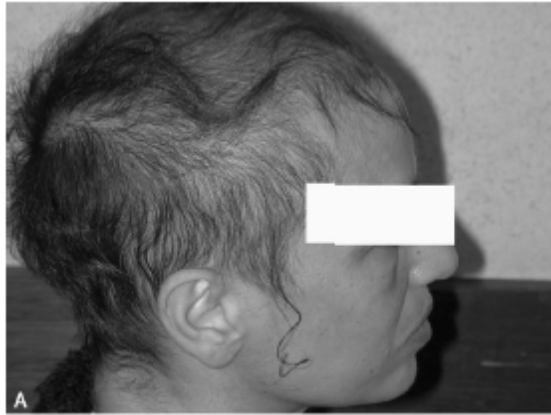


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# Hair Issues

Hair loss



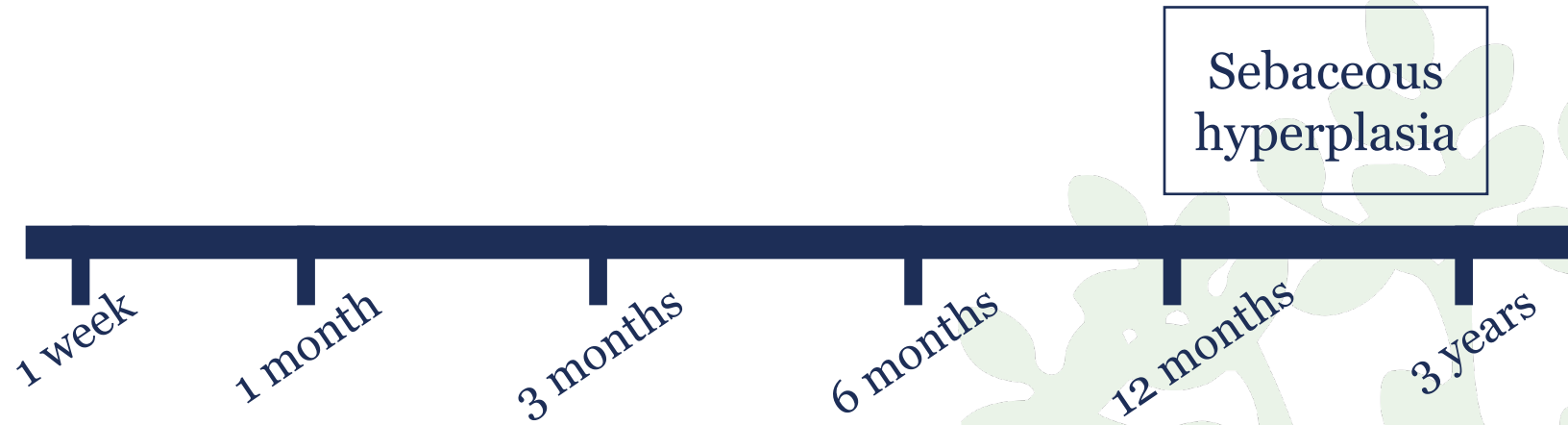
- tacrolimus
- Treatment: topical minoxidil (Rogaine)

Hair gain



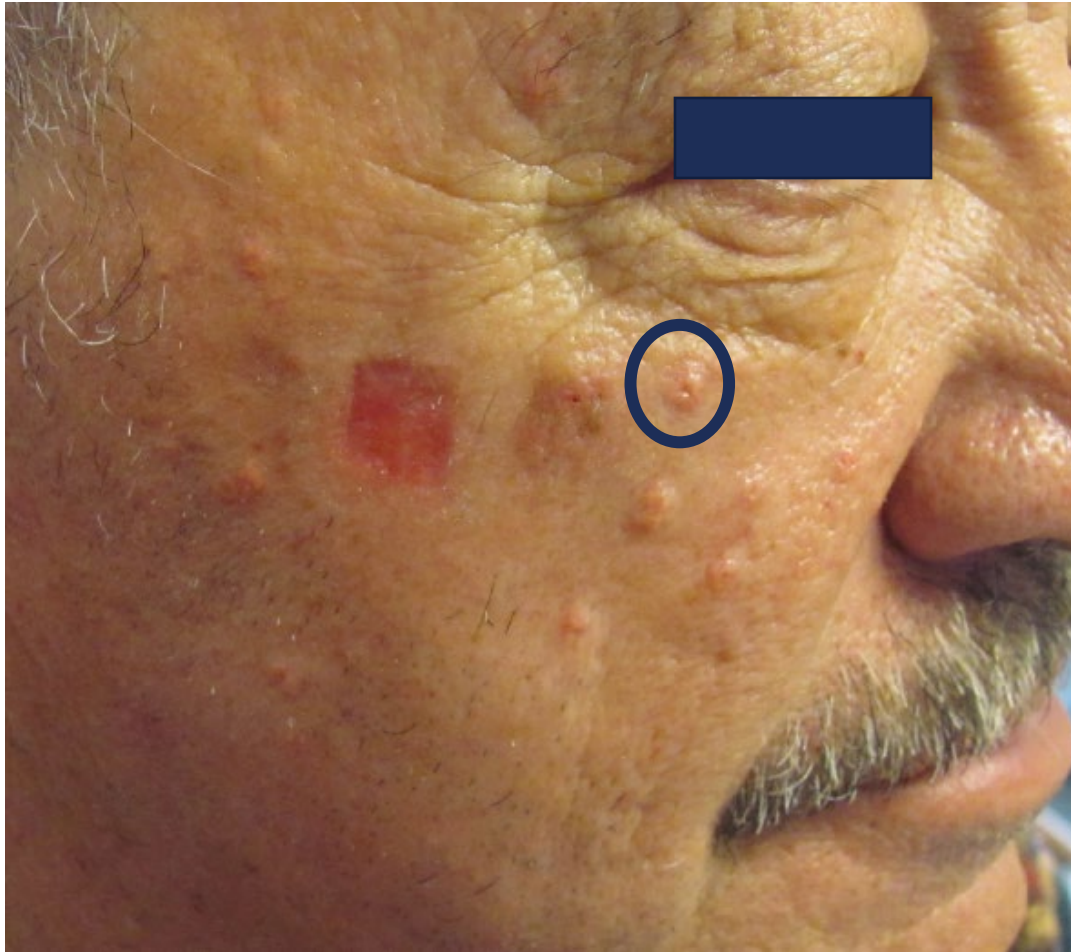
- cyclosporine
- Treatment: conventional hair removal

# Not worrisome\*, just annoying skin problems



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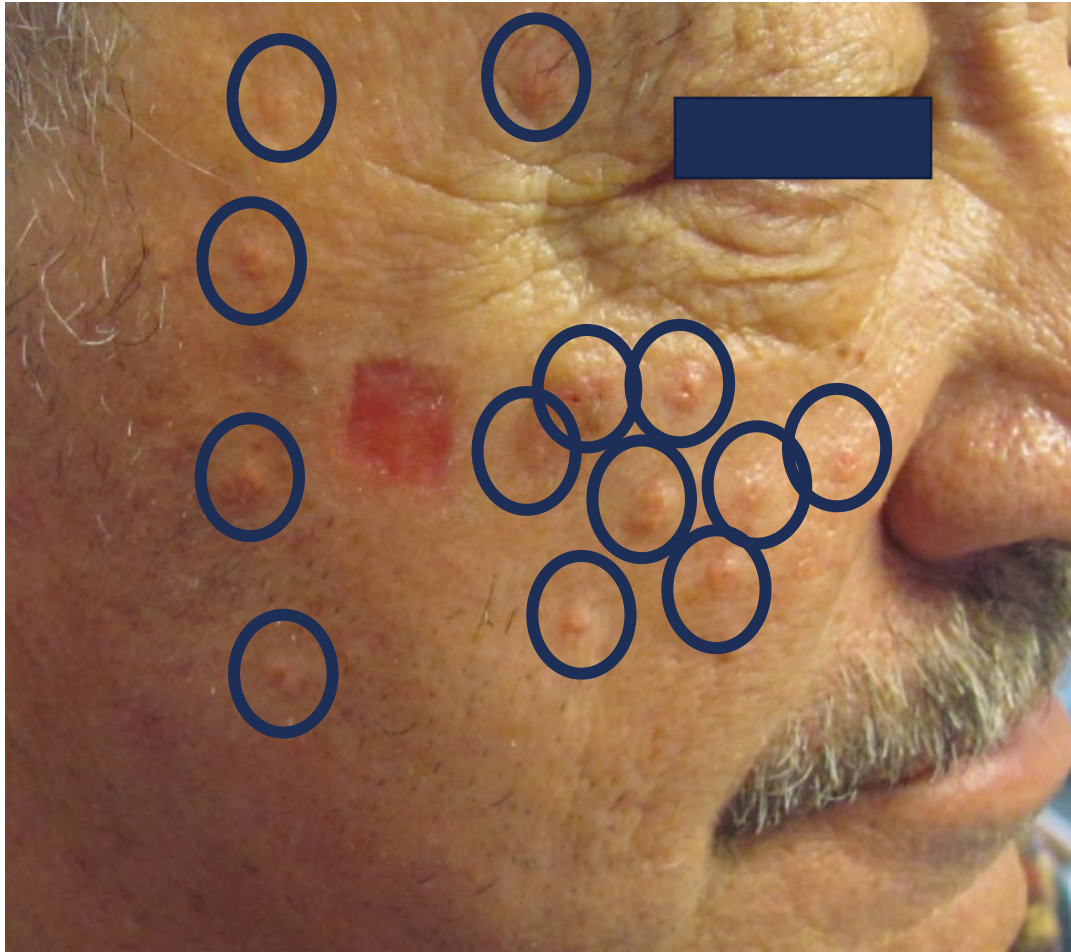
# Sebaceous hyperplasia



- Cyclosporine, tacrolimus
- Treatment: Electrocautery



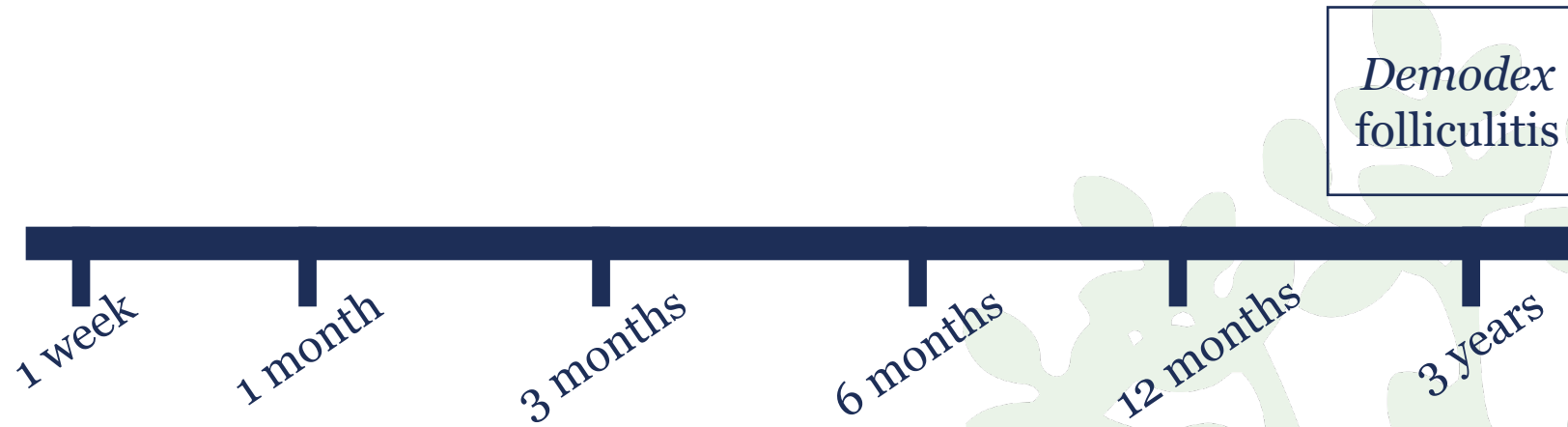
# Sebaceous hyperplasia



- Cyclosporine, tacrolimus
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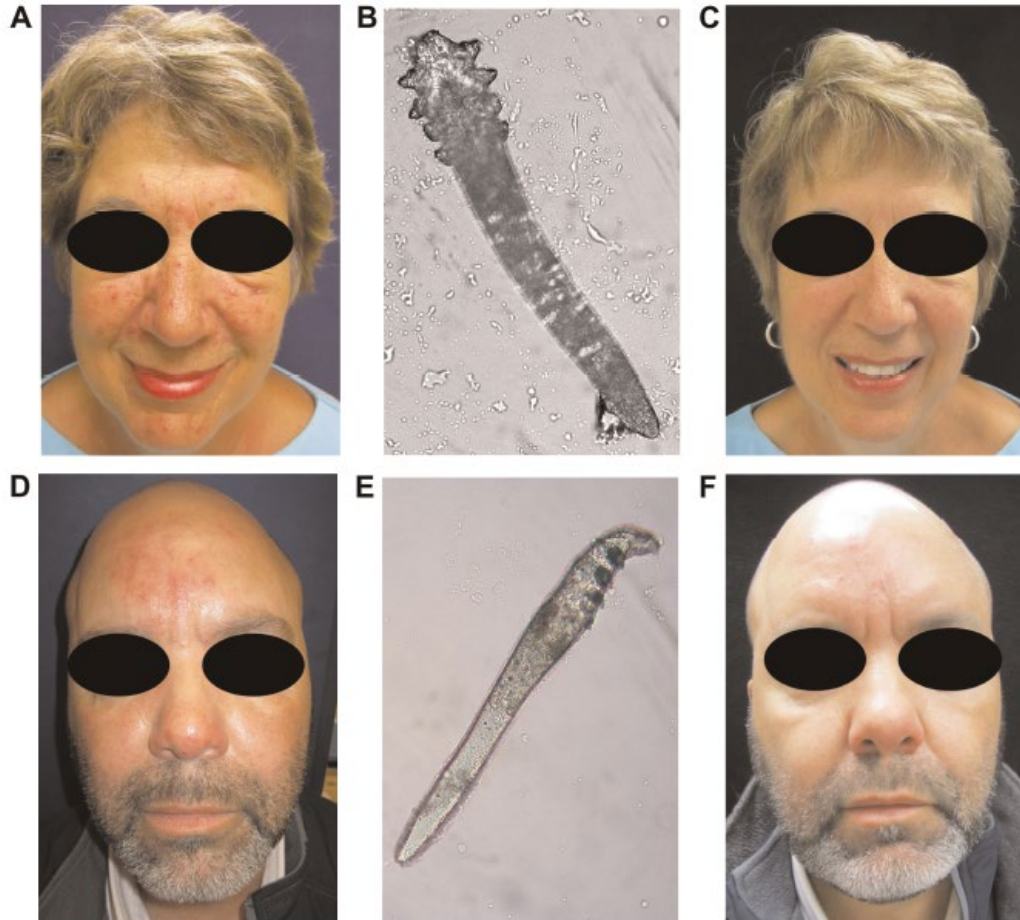


# Not worrisome\*, just annoying skin problems



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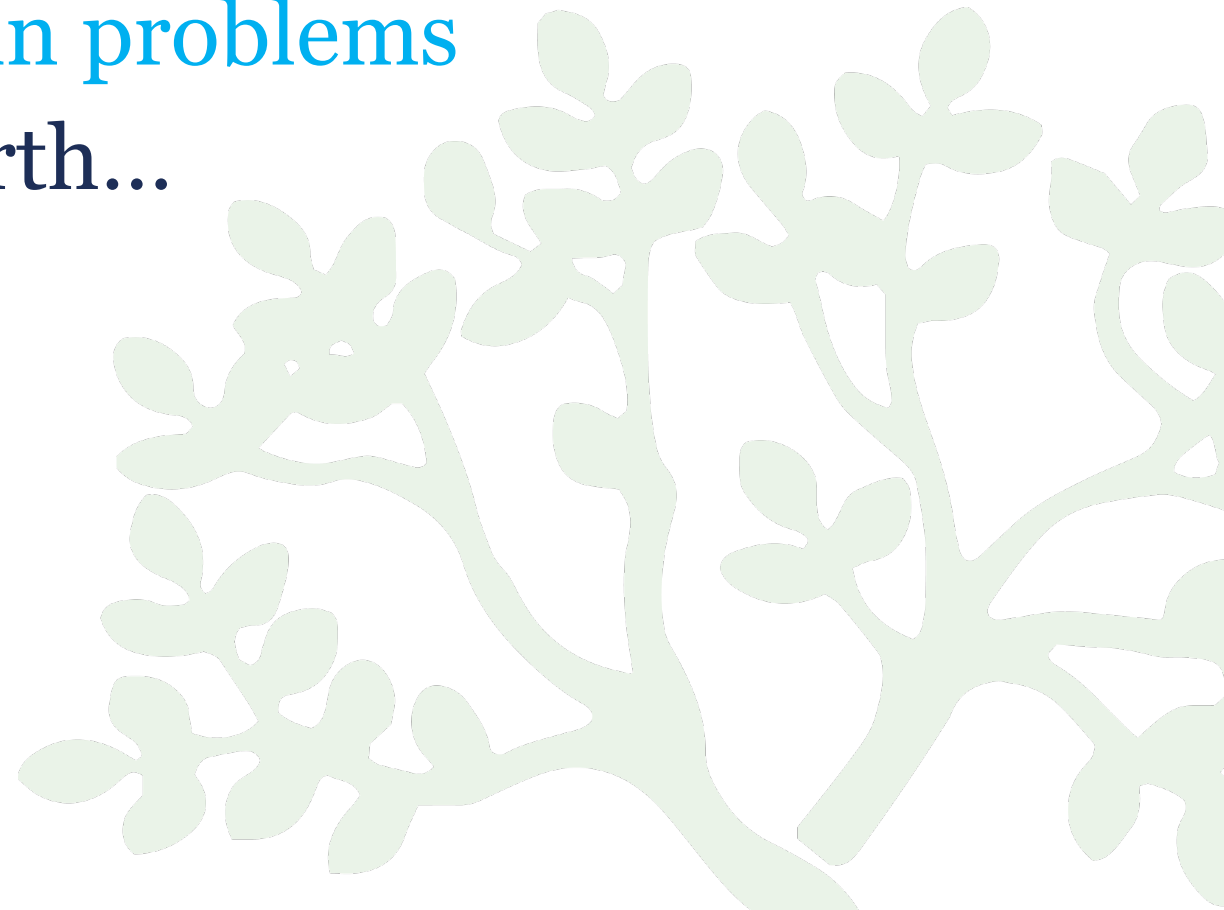
# *Demodex* folliculitis



- Treatment: Topical antiparasitics, oral tetracyclines

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# Worrisome and annoying skin problems

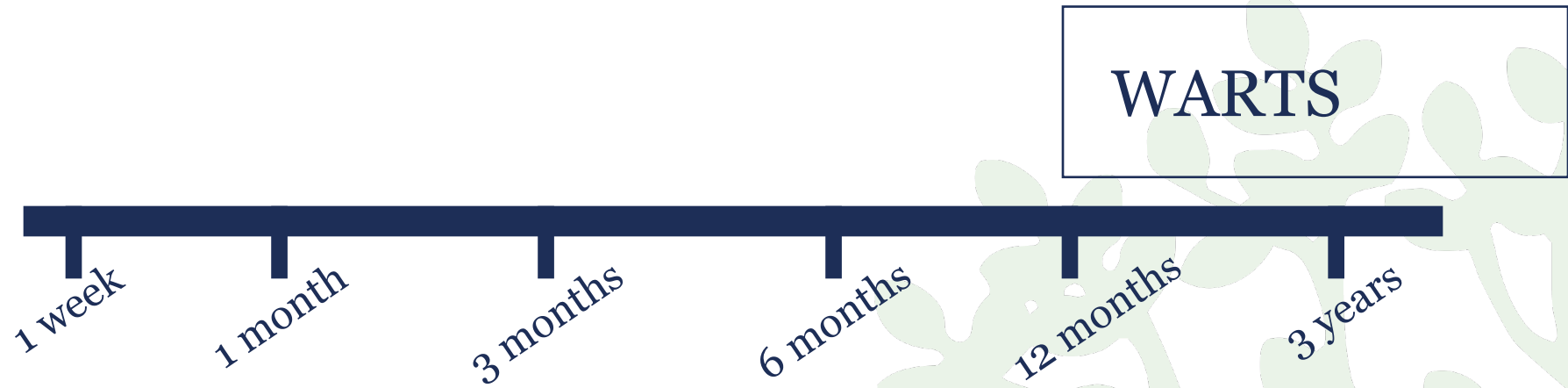




# Dermatophytes



# Worrisome and annoying skin problems



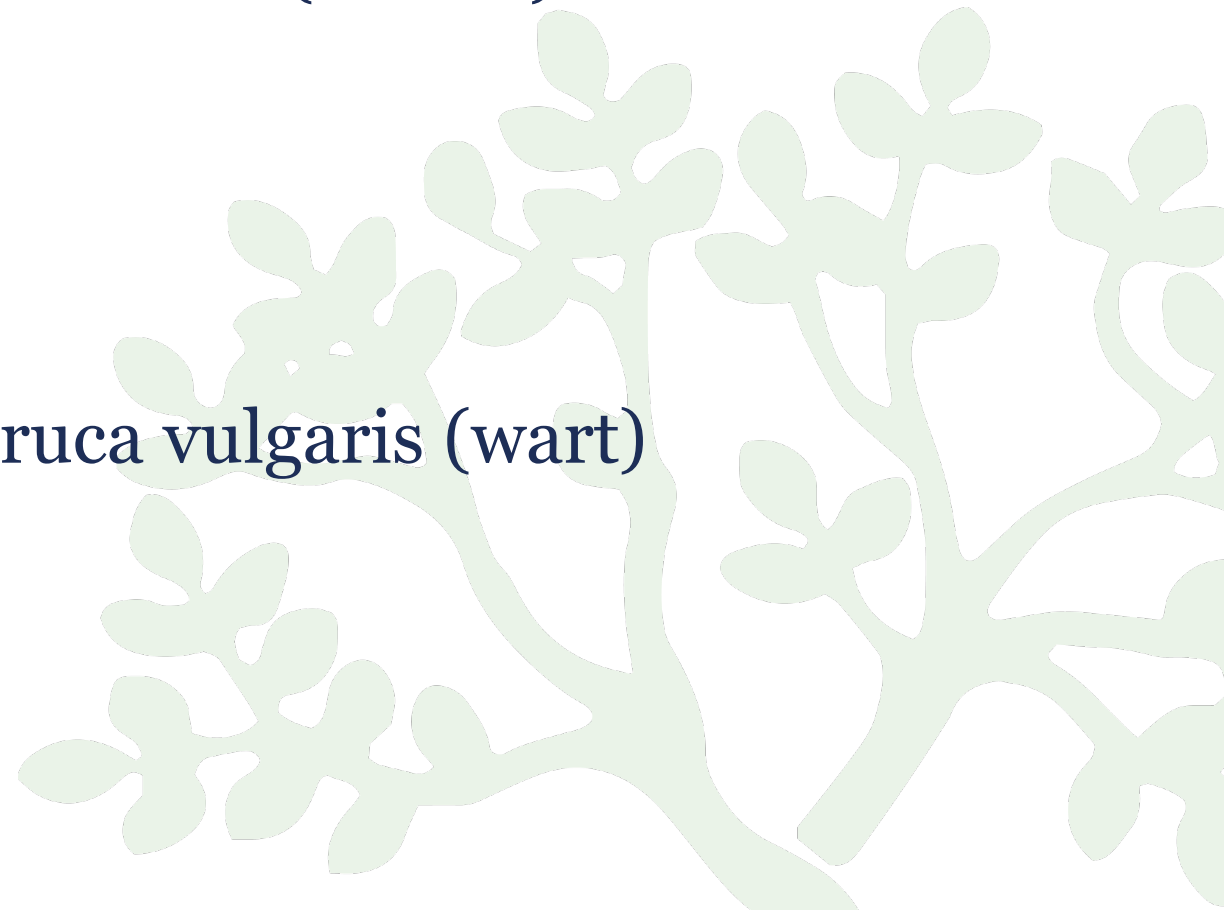
50% at one year, 92% at 5 years



SCC in situ (cancer)



Verruca vulgaris (wart)



# Verruca vulgaris (common wart)

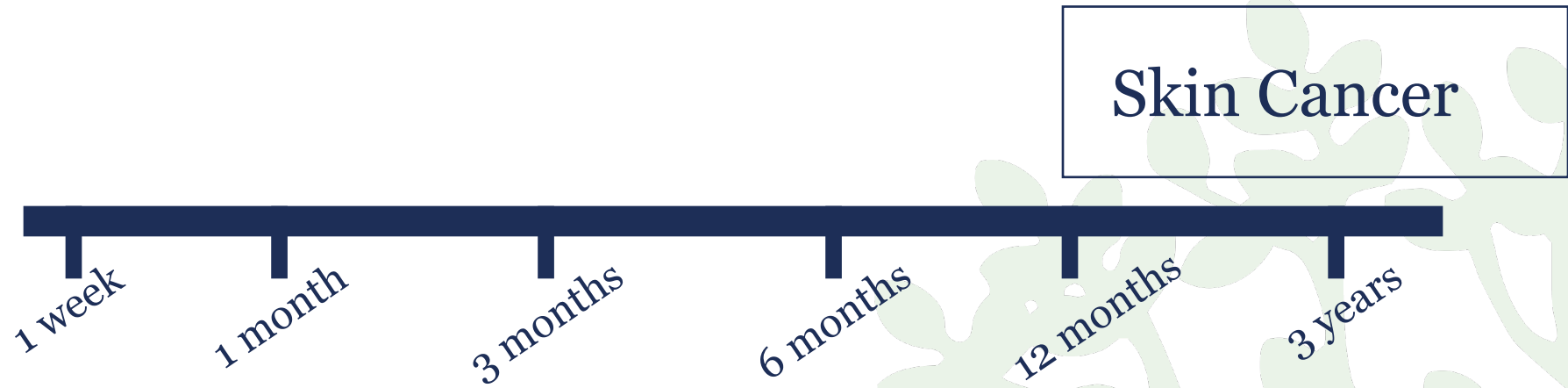


# Combating Warts

- Human Papilloma virus (HPV)
  - Different strains for different locations
  - Some strains cause cancer
- Vaccination?



# Worrisome and annoying skin problems



# Transplant Recipients get more skin cancer



Incidence of breast cancer: 120 per 100,000 p-ys

Incidence of lung cancer: 300 per 100,000 p-ys  
(current smokers)

*Incidence of skin cancer in transplant recipients: 1400 per 100,000 p-ys*

# Melanoma



- Cancer of pigment producing cells in the skin
- Early detection improves survival
- UV radiation (sun or tanning beds) cause this cancer

A - asymmetry

B - border

C - color

D - diameter

E - evolving



# Squamous Cell Carcinoma



Cancer of the predominant cell type in the skin

Waxy

Scaly

Yellowish, Reddish

Ulcer that doesn't heal

Bump I tried to squeeze



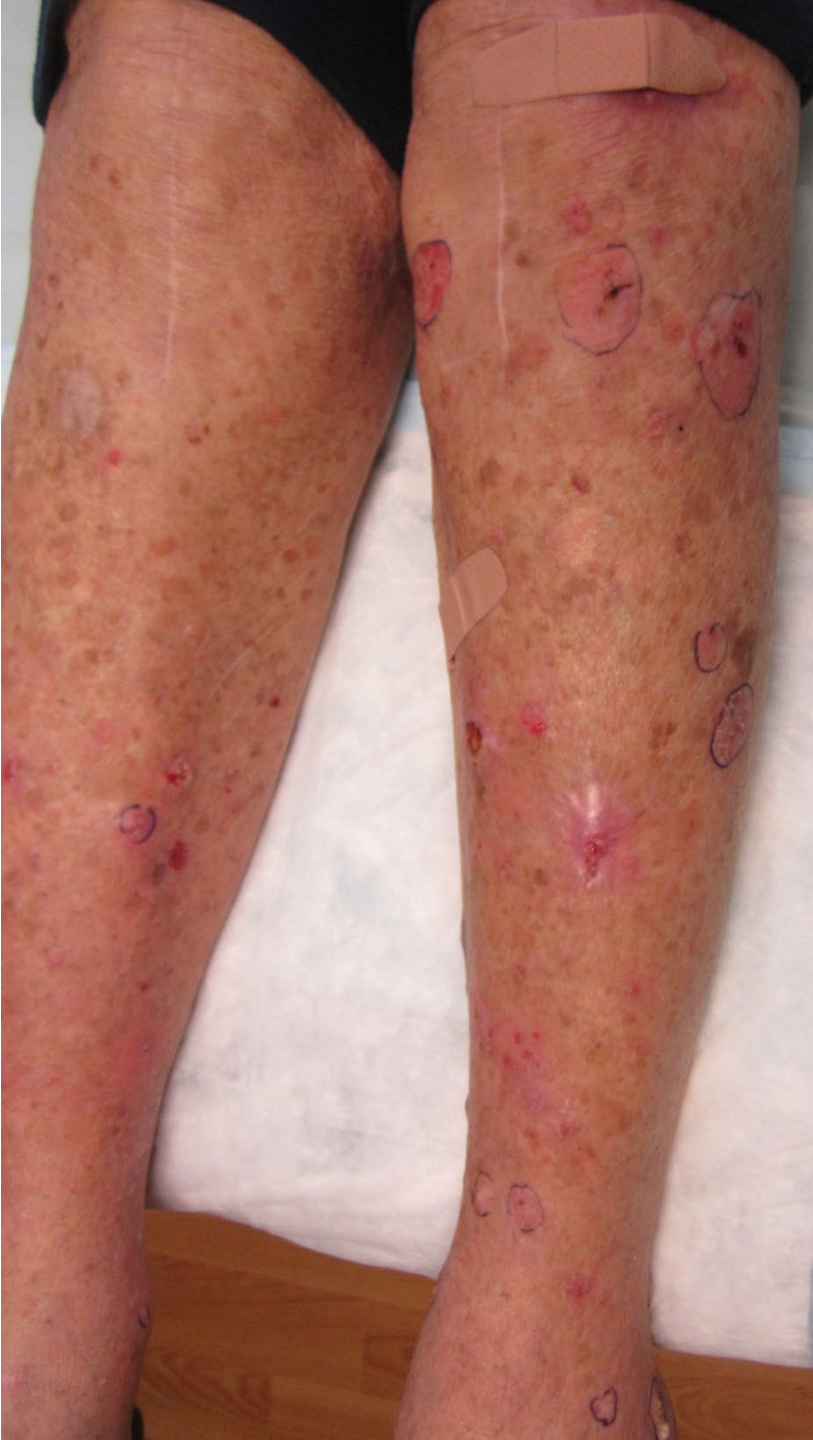
# 56yo man, Kidney transplant recipient



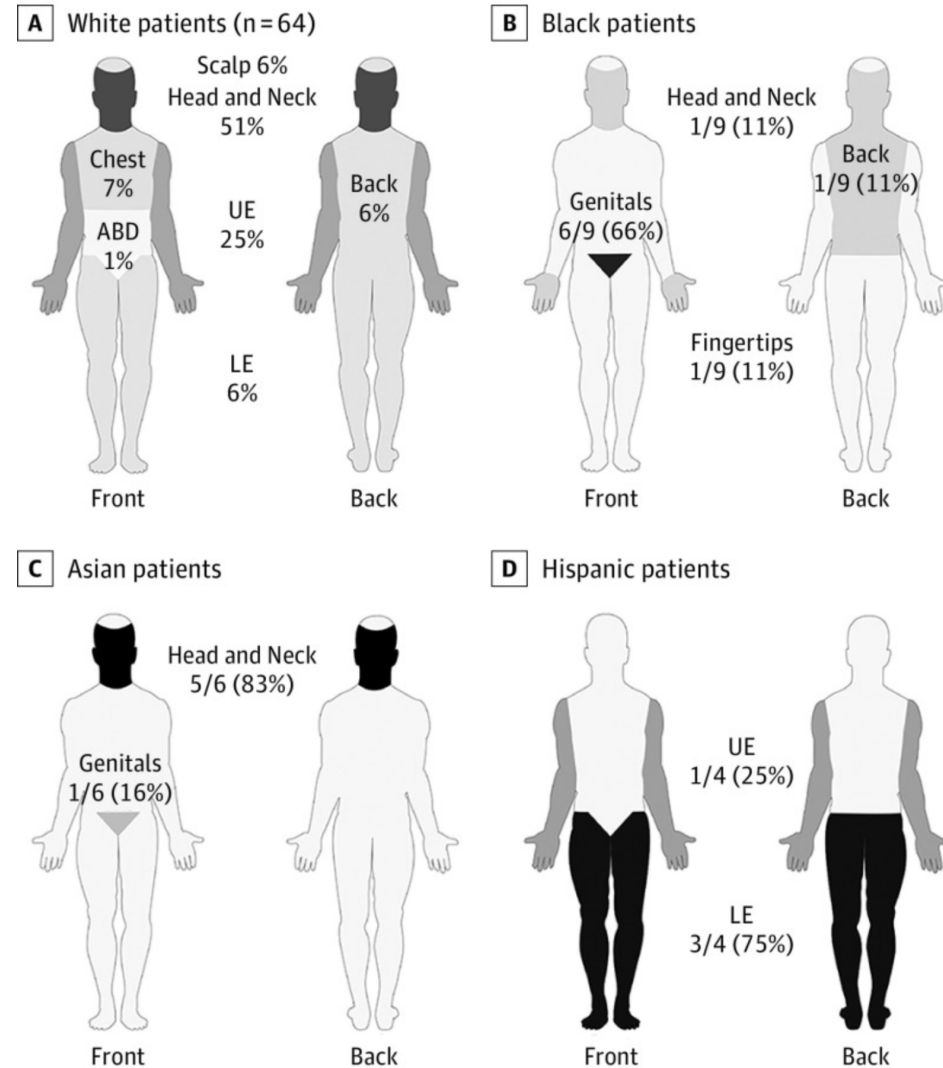
# 65yo Man, Lung Transplant Recipient



70yo woman,  
Kidney transplant  
recipient



# Racial differences in skin cancer locations



# Skin cancer screening

- Recommendations depend on the organ you receive and your risk of skin cancer prior to transplant
  - At minimum, every 2-3 years
  - Some patients see me every 3 months
- Skin cancer prior to transplant?
  - See me more frequently



# Skin Phototypes

I: always burn, never tan

II: burn, then occasionally tan

III: tans after initial burn

IV: burn minimally, tan easily

V: rarely burns, tan darkly easily

VI: Always tans darkly



# Outline

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- *Worrisome and annoying* skin problems
- **An ounce of prevention is worth...**
- Questions





# Son of a Dermatologist!



Wide Brim Hat

Zinc-based sunscreen

UPF clothing  
(note long sleeves)



..... HOW TO SELECT A .....

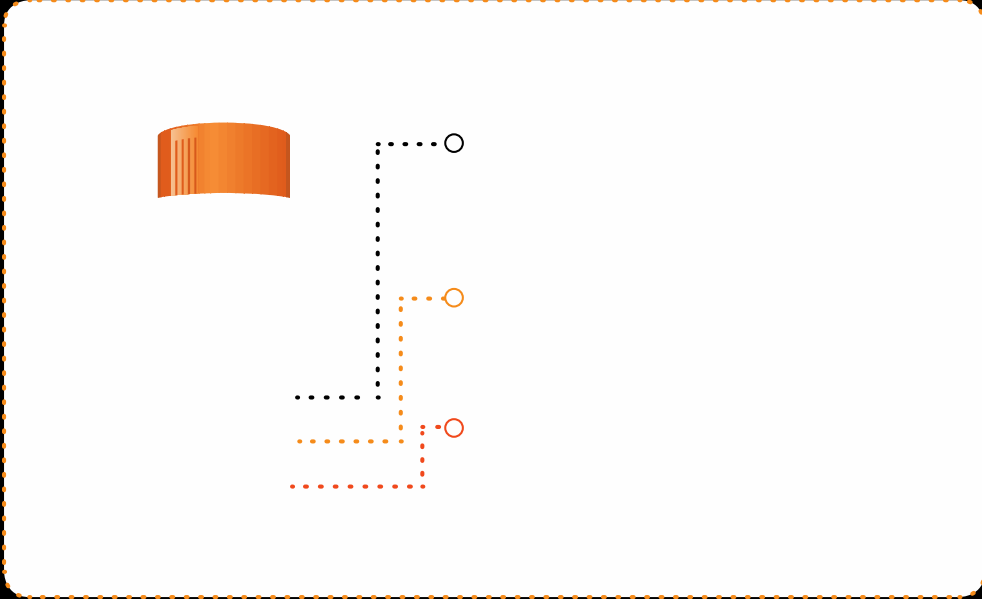
# SUNSCREEN



Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

## SUNSCREEN IS AN IMPORTANT TOOL

in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.



Most adults need about one ounce of sunscreen, **ENOUGH TO FILL A SHOT GLASS**, to fully cover their body.



[SpotSkinCancer.org](http://SpotSkinCancer.org)



# My Picks

- SPF50
- Mineral-based
- Stick for face
- Avoid Spray



# Sun Protective Clothing

- Hats (ear coverage!)
- UPF

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Questions?



# May 2019: Sunscreen study



## Sunscreen chemicals absorb into your bloodstream, FDA study finds

<https://www.usatoday.com/story/news/health/.../sunscreens-bloodstream.../1123513001/>

May 6, 2019 - The chemicals in **sunscreen** don't just sit on top of the skin, they absorb in the **bloodstream**, according to new research from the U.S. Food and ...

## High levels of sunscreen ingredients end up in the bloodstream: study ...

<https://www.reuters.com/...sunscreens/high-levels-of-sunscreens-ingredients-end-up-in-t...> ▼

May 6, 2019 - The active ingredients of commonly-used **sunscreens** end up in the **bloodstream** at much higher levels than current U.S. guidelines from health ...

## Sunscreen Ingredients Are Absorbed Into Your Blood, Study Says | Time

<https://time.com> › Health › Drugs ▼

May 6, 2019 - The FDA found that several active ingredients in **sunscreens** can pass into the **bloodstream**. Here's what that means.

## Sunscreen chemicals enter bloodstream at potentially unsafe levels ...

<https://medicalxpress.com> › Health ▼

May 6, 2019 - **Bloodstream** levels of four **sunscreen** chemicals increased dramatically after test subjects applied spray, lotion and cream for four days as ...

## How Safe Is Sunscreen? - The New York Times

<https://www.nytimes.com/2019/06/10/upshot/how-safe-is-sunscreen.html>

Jun 10, 2019 - A recent study on absorption into the **bloodstream** has caused concern, but you should be more worried about skin cancer.



# Is Your Sunscreen Killing Coral Reefs?

[Archives of Environmental Contamination and Toxicology](#)

February 2016, Volume 70, [Issue 2](#), pp 265–288 | [Cite as](#)

## Toxicopathological Effects of the Sunscreen UV Filter, Oxybenzone (Benzophenone-3), on Coral Planulae and Cultured Primary Cells and Its Environmental Contamination in Hawaii and the U.S. Virgin Islands

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