

Spotlight

Cancer news and information from the Cancer Care Center of York County

A Bright Story

Today more cancer patients can say
“I am a cancer survivor.”

Thanks to intensive research and exciting new treatments, the battle against cancer has been tipping in favor of patients living with a cancer diagnosis. We at the Cancer Care Center of York County are pleased to share some of this good news with you in our new bulletin — called “Spotlight.”

In this issue, we’ll focus on skin cancer — featuring highlights from late-breaking research published in the medical journals. And we’ll offer some common sense tips for lowering your risk.



The Good News

Many cancers that were virtually incurable a generation ago are now treated routinely with great success. New technologies allow our radiation oncologists to achieve a delicate balance between destroying cancer cells and minimizing side effects. And our medical oncologists have a wide range of effective new drugs to offer our patients, as well as the opportunity to participate in clinical trials of new therapies.

For more “good news,” we invite you to visit the new information library at the Cancer Care Center of York County, call us at 207-459-1600, or visit us online at www.cancercareyorkcounty.org



Shedding Light on Skin Cancer

“Blocking Light” might be a more appropriate title, as we all know that the best way to lower your risk of developing skin cancer is to avoid exposure to the sun’s harmful rays. The invisible ultraviolet rays that bring us our summer tans also cause wrinkling and damage the DNA of skin cells. Skin cancers begin when this damage affects the DNA of genes that control skin cell growth.

Types of Skin Cancer

There are two basic types of cancers melanomas and non-melanomas. Non-melanomas, including basal cell cancers and squamous cell cancers are found mainly on sun-exposed parts of the body, and they are less likely to be fatal. Melanomas are much less common than non-melanomas, but are much more serious and can spread to other parts of the body.

Detection and Treatment

The good news is that skin cancers are almost always curable in their early stage. You should examine your own skin regularly, and make sure that a skin examination is part of your regular medical checkups. If there’s anything suspicious, you should see a dermatologist for diagnostic testing.

Treatments for skin cancer can include biopsy or surgery, and more extensive cancers may be treated with chemotherapy or radiation. At the Cancer Care Center of York County, we offer the latest technologies and protocols for treating all types of cancer, including skin cancer.



To reduce your risk, wear protective clothing, use sunblock (SPF of 15 or higher) on all exposed skin and avoid exposure to the sun altogether when the UV index is highest.

Learn More

The American Cancer Society is a wonderful information resource. Find out about skin cancer risk factors, how skin cancer develops, what to look for when you examine your skin and what to expect from your doctor: www.acs.org or call 1-800-ACS-2345.

Research News

High-fat diet not linked to skin cancer (6/2/2006)

A high-fat diet does not appear to increase the risk of developing skin cancer.

- *BMC Cancer*

Promising treatment for basal cell carcinoma (5/30/2006)

Injections of interferon may cure basal cell carcinoma.

- *Journal of the American Academy of Dermatology*

HPV linked to skin cancer (3/17/2006)

Infection with certain types of human papillomavirus (HPV) appears to increase the risk of squamous cell carcinoma of the skin.

- *Journal of the National Cancer Institute*

Anti-inflammatory drugs may be preventive (2/2/2006)

Aspirin and other nonsteroidal anti-inflammatory drugs (NSAIDs) may prevent the development of squamous cell cancers of the skin.

- *Journal of the American Academy of Dermatology*

Skin cancer increasing in young adults (8/11/2005)

Rates of both basal cell and squamous cell carcinoma have increased over time among people under 40.

- *Journal of the American Medical Association (JAMA)*

To read these medical research articles online, please visit our Web site: www.cancercareorkcounty.org

Exceptional Care. Local Comfort.

The Cancer Care Center of York County provides state-of-the-art medical oncology and radiation treatment in a beautiful new facility equipped with the most advanced technologies.



A collaboration of Goodall Hospital, Maine Medical Center and Southern Maine Medical Center, the Center is staffed by oncologists from Spectrum Medical Group and the Maine Center for Cancer Medicine.

Located just minutes from I95, off Rte 109 between Kennebunk and Sanford, Maine.



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