

CENTER FOR DERMATOLOGY, COSMETIC AND LASER SURGERY, INC.

2557 Mowry Ave. Ste. 25
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ACTINIC KERATOSES (PRECANCERS) / SKIN CANCER SUGGESTIONS

Now that you have been diagnosed with actinic keratoses (precancers), and/or skin cancer _____, here are some suggestions for prevention and followup:

- ___ 1. Meticulous sunscreen use is a must, along with limiting sun exposure and wearing sun protective clothing – please refer to our sunscreen sheet.
- ___ 2. Please keep the follow up visits that we have scheduled for you. In general if you have had a nonmelanoma skin cancer, and have no precancerous lesions such as actinic keratoses, you are normally seen every six months for two years and then once a year afterward. If you must cancel your appointment please reschedule it as soon as possible to maintain the right frequency of visits.
- ___ 3. If you have had a melanoma skin cancer then for the first two to three years follow up is every three to four months, and then every six months for the next three years up to the fifth year, and then once a year. If other issues such as another skin cancer, melanoma, or precancerous lesion such as actinic keratosis are detected then the followup sequence will be changed.
- ___ 4. If you have precancerous lesions such as actinic keratoses these are seen as frequently as every three months if you have large numbers of lesions and up to four to six months if you have fewer lesions, and in some cases once a year.
- ___ 5. Some of the other preventative measures that we may use include using topical precancer, and potentially anti skin cancer creams, such as 5-Fluorouracil, Imiquimod, Picato etc. along with Blue Light treatment. Information about these will be discussed and handed out to you. This is done once the areas are treated with liquid nitrogen or surgery, etc.
- ___ 6. There are some studies that suggest that long term use of retinoids such as tretinoin, tazarotene, adapalene, etc., may be useful and this may be suggested by your dermatologist or provider.
- ___ 7. Certain oral medications such as nicotinamide 500 mg twice a day (Vitamin B3), Heliocare, one pill a day etc., may be recommended. These are available over the counter and online such as Amazon, Wal Mart, Costco, CVS, Walgreens, etc. Preliminary studies have shown there may be some benefit in certain skin cancer patients, and patients with precancers, and this will be discussed by your provider.
- ___ 8. Frequent examination of your skin is a must by you and/or your partner/spouse, especially in areas that cannot be seen easily such as the back, etc. If you have a melanoma this is recommended once a month, and for other cancers at least every three months. Any suspicious lesion should be brought to the attention of one of our dermatologists or providers, even if your visit is several months away.

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- ____ 9. Please call us for an urgent appointment if a new lesion appears, is changing, is out of step of the other lesions, is symptomatic (burns, itches, etc) or won't heal after four weeks. Please see any provider who is available if your regular dermatologist or provider is not available.

The skin cancer links, in the links section, on our website at www.centerforderm.com will have photos of what are considered to be suspicious lesions that may need to be brought to the attention of our dermatologists or providers. As always, if you have any questions or concerns please do not hesitate to contact us and leave a message for one of the dermatologists or providers. We strive to provide you with the highest level of care, and this followup and preventative regimen may be more thorough than you are used to, but we believe that in order to prevent future issues and problems that early prevention is well worth it, and we are sure you will agree!