

# Skin Cancer Screening

## What is a Skin Cancer Screening?

- A very thorough skin examination by a dermatology care team member
- It is focused solely to address potentially cancerous/medically concerning lesions
- It is detailed, full body, and comprehensive

## Who needs a Skin Cancer Screening?

- Everyone who has skin!
- It is recommended for every patient 30 years and older
  - ✓ It is a routine part of preventative medicine (i.e. mammogram (females) beginning age 40, colonoscopy age 50, skin cancer screening age 30)
  - ✓ It establishes a baseline for future observations
- 10 years earlier for any compelling indication
  - ✓ A personal history of skin cancer
  - ✓ A family history of melanoma

## What should I expect during a Skin Cancer Screening?

- You will be asked to disrobe and wear a gown
  - ✓ Socks and shoes should be removed
  - ✓ Jewelry/watches/Fitbits should be removed
  - ✓ Bras and underwear may be left on, unless specific concerns/questions (*at your discretion*)
    - Will not limit exam; but provider inspects breasts/genitalia around clothing (*with permission*)
- Provider and scribe/female certified medical assistant will be present during the exam
- close body inspection including hair, skin, nails
  - ✓ You may be asked to let hair down for inspection/palpation of hair and scalp
  - ✓ The provider will be “up close and personal”
    - Magnification may be used
    - Measurements may be recorded
- Any non-cancerous/non-medically concerning lesions or cosmetic concerns will be scheduled for subsequent focused office visit
  - ✓ These lesions will NOT be addressed during cancer screening
  - ✓ We are more than happy to accommodate additional concerns, but must appropriately allocate time at another visit
    - Insurance covers the visit for skin cancer screening, but *not* removal of benign lesions (skin tags, benign keratosis, etc.)

## How do I prepare for a Skin Cancer Screening?

- It is ok to wear sunscreen on day of exam - we always encourage daily sun protection!
- Please wear minimal or no makeup
- Please remove finger/toe nail polish for adequate inspection of nails
- If self-tanner has been applied, it is helpful to inform the provider
  - ✓ Best to avoid these products 2-3 weeks prior to screening, as they alter features of lesions
- It is always helpful to know personal and family history related to dermatological conditions