



Dermatologists Identify Hidden Early Sign of Skin Cancer

Description

Doctors have highlighted the primary sign of skin cancer, which is crucial for early detection and treatment. This information is particularly important as skin cancer can lead to serious outcomes if not addressed promptly.

Experts in the field, including Dr. Adam Friedman from The George Washington University and Dr. Michael Christopher from Ironwood Dermatology, stress the significance of recognising changes in your skin. Skin changes might include growths, sores, or unusual patches, which could indicate types of skin cancer like basal cell carcinoma, squamous cell carcinoma, or melanoma.

Non-melanoma cancers, such as basal and squamous cell carcinomas, typically present as unusual skin changes rather than moles. These types are treatable if caught early. While melanoma is less common, it is more dangerous due to its potential to spread rapidly, which can be life-threatening.

Dr. Christopher emphasises that any change in a mole or new spots on your skin is a key sign to watch for. Symptoms like growth, itching, or bleeding are significant and should prompt a visit to the dermatologist.

The importance of detecting changes early cannot be overstated. Early diagnosis improves the prognosis, especially for melanoma, which, if treated before spreading, has a survival rate of over 99%, according to the American Cancer Society. Acting quickly upon noticing any changes is vital for effective prevention and treatment.

Vocabulary List:

1. **recognising** //,rɛkəg'naɪzɪŋ// (verb): noticing something new or different on the skin
2. **melanoma** //,mɛlə'nɒʊmə// (noun): a dangerous skin cancer that can spread
3. **dermatologist** //,dɜ:mə'tɒlədʒɪst// (noun): a doctor who treats problems of the skin
4. **diagnosis** //,daɪəg'nɒʊsɪs// (noun): finding what disease or problem someone has
5. **prognosis** //prɒg'nɒʊsɪs// (noun): chance of getting better after illness
6. **prompt** //prɒmpt// (verb): to make someone do something quickly

Comprehension Questions



Multiple Choice

1. What is the primary sign of skin cancer highlighted by doctors?
 - Option: Unusual moles
 - Option: Changes in skin
 - Option: Itching
 - Option: Bleeding
2. Which type of skin cancer is more dangerous due to its potential to spread rapidly?
 - Option: Basal cell carcinoma
 - Option: Squamous cell carcinoma
 - Option: Melanoma
 - Option: Non-melanoma
3. Who is Dr. Adam Friedman affiliated with?
 - Option: Ironwood Dermatology
 - Option: The George Washington University
 - Option: American Cancer Society
 - Option: Harvard Medical School
4. What is the survival rate for melanoma if treated before spreading?
 - Option: 50%
 - Option: 75%
 - Option: 99%
 - Option: 100%
5. What types of skin cancers typically present as unusual skin changes rather than moles?
 - Option: Melanoma
 - Option: Basal and squamous cell carcinomas
 - Option: All types of skin cancer
 - Option: Non-melanoma cancers
6. According to Dr. Christopher, what indicates a key sign to watch for?
 - Option: Dry skin
 - Option: Change in a mole or new spots
 - Option: Skin discoloration
 - Option: Sunburn



True-False

7. Skin cancer can lead to serious outcomes if not addressed promptly.
8. Melanoma is the most common type of skin cancer.
9. Experts recommend acting quickly upon noticing any changes in your skin.
10. Basal cell carcinoma is more dangerous than melanoma.
11. According to the American Cancer Society, early diagnosis improves the prognosis for melanoma.
12. Growth, itching, or bleeding are insignificant symptoms to watch for.

Gap-Fill

13. The primary sign of skin cancer is changes in your skin, which might include growths, sores, or unusual _____.
14. Non-melanoma cancers, such as basal and squamous cell carcinomas, typically present as unusual skin changes rather than _____.
15. Dr. Christopher emphasizes that any change in a mole or new spots on your skin is a key sign to _____ for.
16. Early diagnosis improves the prognosis, especially for melanoma, which has a survival rate of over _____ % if treated before spreading.
17. Acting quickly upon noticing any changes is vital for effective _____ and treatment.
18. Skin changes might indicate types of skin cancer like basal cell carcinoma, squamous cell carcinoma, or _____.



Answer

Multiple Choice: 1. Changes in skin 2. Melanoma 3. The George Washington University 4. 99% 5. Basal and squamous cell carcinomas 6. Change in a mole or new spots

True-False: 7. True 8. False 9. True 10. False 11. True 12. False

Gap-Fill: 13. patches 14. moles 15. watch 16. 99 17. prevention 18. melanoma

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is Brucellosis?

Option: A type of cancer

Option: A bacterial infection

Option: A viral infection

Option: A genetic disorder

2. What type of skin cancer is melanoma?

Option: Non-invasive

Option: Invasive

Option: Benign

Option: Pre-cancerous

3. What is the process of identifying a disease called?

Option: Prognosis

Option: Screening

Option: Diagnosis

Option: Detection

4. What treatment often involves the use of drugs to kill cancer cells?

Option: Radiation therapy

Option: Chemotherapy

Option: Surgery

Option: Immunotherapy

5. What type of stress is related to free radicals in the body?



- Option: Cellular
- Option: Oxidative
- Option: Metabolic
- Option: Neural

6. What term describes the likely outcome of a disease?

- Option: Diagnosis
- Option: Prognosis
- Option: Symptom
- Option: Infection

7. What is the term for testing for a disease before symptoms appear?

- Option: Screening
- Option: Diagnosis
- Option: Eradication
- Option: Transmission

8. What term describes the chemical processes that occur within a living organism?

- Option: Metabolism
- Option: Digestion
- Option: Excretion
- Option: Respiration

9. What do you call an individual who carries a disease without showing symptoms?

- Option: Victim
- Option: Patient
- Option: Carrier
- Option: Infected individual

10. What term refers to a non-cancerous tumor?

- Option: Malignant
- Option: Benign
- Option: Invasive
- Option: Combative

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The transmission of Brucellosis can occur through contaminated food and _____.

12. Modern techniques help detect melanoma at an early _____ in the progression.

13. Many patients take dietary supplements to aid in their overall _____ during



treatment.

14. Patients often feel overwhelmed when facing a cancer _____ like chemotherapy.

15. The virus hijacks healthy cells to reproduce and create an _____ within the body.

16. Therapists often guide patients to reconnect with their _____ for better mental health.

17. With effective treatment, it is possible for some cancers to be completely _____ from the body.

18. High levels of tension can negatively impact metabolism and _____ processes.

19. Certain genetic mutations can increase the risk of developing _____ like melanoma.

20. Invasive procedures often carry more risks than _____ options.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)



21. Recognising the early signs of a disease can lead to more effective treatment.
22. Health initiatives aim to promote awareness and prevent the spread of diseases.
23. Regular screening can help detect diseases in their earliest stages.
24. Benign tumors are non-cancerous and do not spread to other parts of the body.
25. A correct diagnosis is crucial for deciding the best course of treatment.
26. Melanoma is a serious form of skin cancer that requires immediate attention.
27. Understanding the transmission of infections is important for public health.
28. Chemotherapy is often used in the treatment of various types of cancer.
29. Metabolism refers to the process by which your body converts food into energy.
30. Genetic mutations can have significant impacts on an individual's health.

Answer

Multiple Choice: 1. A bacterial infection 2. Invasive 3. Diagnosis 4. Chemotherapy 5. Oxidative 6. Prognosis 7. Screening 8. Metabolism 9. Carrier 10. Benign

Gap-Fill: 11. water 12. stage 13. health 14. diagnosis 15. infection 16. emotions 17. erased 18. healing 19. cancers 20. non-invasive

Matching sentence: 1. recognising 2. initiatives 3. screening 4. benign 5. diagnosis 6. melanoma 7. transmission 8. chemotherapy 9. metabolism 10. mutations

CATEGORY

1. Health - LEVEL4

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