



Dermatologists Identify Sneaky Sign of Skin Cancer

Description

As the sun shines brightly, many enjoy the warm weather while hoping to protect their skin. However, knowing the primary sign of skin cancer is crucial for timely medical attention. Recognising this sign can help individuals seek advice from a dermatologist before serious issues arise.

Experts in dermatology, including Adam Friedman, M.D., from The George Washington University, and Michael Christopher, M.D., from Ironwood Dermatology, highlight the importance of early detection. The three most common types of skin cancer are basal cell carcinoma, squamous cell carcinoma, and melanoma. Dr. Friedman explains that basal and squamous cell cancers arise from skin rather than moles, presenting as sores, bumps, or irritated patches. Although these are highly treatable if detected early, melanoma, although less frequent, poses a greater risk of spreading and can be fatal.

According to Dr. Christopher, the main warning sign of skin cancer is change. This includes alterations in existing spots, such as moles that grow, bleed, itch, or do not heal properly. New spots on the skin should also prompt a consultation with a doctor. Such changes warrant immediate attention, as early detection significantly improves treatment outcomes. The American Cancer Society reports more than 99% survival for melanoma diagnosed before it spreads beyond the skin.

Prompt action upon noticing skin changes can be life-saving. Individuals should not delay seeking medical advice, ensuring they address any new or altered skin condition as early as possible.

Vocabulary List:

1. **dermatologist** //,dɜːmə'tɒlədʒɪst// (noun): a doctor who treats skin problems
2. **carcinoma** //,kɑːsə'noʊmə// (noun): a cancer that starts in the body's cells
3. **melanoma** //,melə'noʊmə// (noun): a serious skin cancer that can spread quickly
4. **detection** //dɪ'tɛkʃən// (noun): finding a disease or problem early
5. **crucial** //'krʊʃəl// (adjective): very important and needing quick attention
6. **warrant** //'wɒrənt// (verb): to make something needed or reasonable

Comprehension Questions



Multiple Choice

1. What is the primary sign of skin cancer according to experts?
 - Option: Change in skin color
 - Option: Painful skin
 - Option: Change in existing spots
 - Option: Dry skin
2. Which type of skin cancer is described as less frequent but poses a greater risk?
 - Option: Basal cell carcinoma
 - Option: Squamous cell carcinoma
 - Option: Melanoma
 - Option: Lymphoma
3. Who emphasizes the importance of early detection in skin cancer?
 - Option: Adam Friedman and Michael Christopher
 - Option: John Smith and Sarah Johnson
 - Option: Peter Parker and Bruce Wayne
 - Option: Clark Kent and Diana Prince
4. How can melanoma be described in terms of seriousness?
 - Option: Easily treatable
 - Option: Highly fatal
 - Option: Less frequent but more aggressive
 - Option: Completely harmless
5. What should individuals do upon noticing skin changes?
 - Option: Consult a dermatologist
 - Option: Ignore them
 - Option: Wait for six months
 - Option: Self-medicate
6. What percentage of patients diagnosed with melanoma before it spreads beyond the skin survive, according to the American Cancer Society?
 - Option: 50%
 - Option: 75%
 - Option: 99%
 - Option: 100%



True-False

7. Basal and squamous cell cancers arise from moles.
8. The main warning sign of skin cancer is change.
9. Moles that grow, bleed, or itch do not require medical attention.
10. Early detection of skin cancer significantly improves treatment outcomes.
11. Melanoma is more common than basal cell carcinoma.
12. Prompt action upon noticing changes in the skin can be life-saving.

Gap-Fill

13. The three most common types of skin cancer are basal cell carcinoma, squamous cell carcinoma, and _____.
14. Experts recommend consulting a dermatologist if there is a change in _____.
15. According to Dr. Christopher, the main warning sign of skin cancer is _____.
16. Individuals should not delay seeking medical advice to ensure they address any new or altered skin _____.
17. More than 99% survival for melanoma diagnosed before it spreads beyond the skin is reported by the _____.
18. Prompt action upon noticing skin changes can be _____.

Answer

Multiple Choice: 1. Change in existing spots 2. Melanoma 3. Adam Friedman and Michael Christopher
4. Less frequent but more aggressive 5. Consult a dermatologist 6. 99%

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

Gap-Fill: 13. melanoma



14. existing spots 15. change 16. condition 17. American Cancer Society 18. life-saving

Vocabulary quizzes

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

1. What term is used to describe something that has been made dirty or unclean?

- Option: Contaminated
- Option: Processed
- Option: Purified
- Option: Sterilized

2. Which of the following is commonly used to kill bacteria and viruses on surfaces?

- Option: Disinfectant
- Option: Moisturizer
- Option: Antibiotic
- Option: Astringent

3. What type of agent helps to prevent the growth of microorganisms?

- Option: Antimicrobial
- Option: Analgesic
- Option: Antipyretic
- Option: Antiseptic

4. What term describes a system that can grow in size or capacity?

- Option: Scalable
- Option: Static
- Option: Limited
- Option: Fixed

5. What verb means to imitate or replicate the behavior or appearance of something?

- Option: Mimic
- Option: Modify
- Option: Create
- Option: Inhibit

6. What term refers to surface structures at the nano-scale used to enhance material properties?



- Option: Nanotextured
- Option: Textured
- Option: Smooth
- Option: Polished

7. What is the professional title of a doctor who specializes in skin conditions?

- Option: Dermatologist
- Option: Pediatrician
- Option: Oncologist
- Option: Cardiologist

8. What is the term for a type of cancer that starts in the skin or tissues that line organs?

- Option: Carcinoma
- Option: Sarcoma
- Option: Leukemia
- Option: Melanoma

9. Which type of skin cancer arises from melanocytes, the cells that produce pigment?

- Option: Basal Cell Carcinoma
- Option: Squamous Cell Carcinoma
- Option: Melanoma
- Option: Melanocyte

10. What is the process of discovering or identifying something called?

- Option: Detection
- Option: Prevention
- Option: Isolation
- Option: Amplification

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

11. Adequate sleep is crucial for maintaining overall health and well-being.

12. The evidence will warrant further investigation into the matter.

13. Insulin is a hormone that regulates blood sugar levels in the body.

14. Scientists are working to reverse the effects of aging through various studies.

15. The endocrine system regulates various body functions through hormone secretion.



16. Exercise plays a key role in boosting a person's metabolism.
17. The brain has complex neural pathways that govern behavior and thought.
18. The hindbrain controls many vital functions such as heartbeat and breathing.
19. Certain legumes contain lectin, which can affect nutrient absorption.
20. Mucus serves as a protective barrier in the respiratory and digestive systems.

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

21. The skin serves as a barrier between the internal body and external environment.
22. The security system was breached, exposing sensitive information.
23. Galactose is a simple sugar that is part of lactose, found in milk.
24. Some bacteria have become resistant to commonly used antibiotics.
25. The results were consistent across multiple trials, confirming the hypothesis.
26. Teachers aim to engage students through interactive learning methods.
27. A balanced diet consists of nutritious foods that provide essential vitamins.
28. Stabilizing the mixture requires careful control of temperature and pressure.
29. Hormonal changes during puberty significantly affect growth and mood.
30. The distribution of resources can impact economic equality.

Answer

Multiple Choice: 1. Contaminated 2. Disinfectant 3. Antimicrobial 4. Scalable 5. Mimic 6. Nanotextured
7. Dermatologist 8. Carcinoma 9. Melanoma 10. Detection

Gap-Fill: 11. 12. 13. 14. 15. 16. 17. 18. 19. 20.

Matching sentence: 1. barrier 2. breached 3. galactose 4. resistant 5. consistent 6. engage 7. nutritious
8. stabilize 9. hormonal 10. distribution

CATEGORY



1. Health - LEVEL5

POST TAG

1. dermatologists
2. ESL learning
3. esl news
4. health
5. Level 5
6. skin cancer

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