



Dermatologists Uncover Top Sneaky Skin Cancer Sign

Description

Doctors say knowing early signs of skin cancer is important. This matters because early detection can prevent serious outcomes.

Experts Adam Friedman and Michael Christopher explain that there are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and melanoma. Basal and squamous are common and come from skin changes, not moles. They include sores or bumps. Melanoma is less common but more dangerous because it can spread.

Dr. Christopher stresses that any change in your skin should alert you. This includes a mole that changes or new spots. Such changes mean you should see a doctor.

Early action is key for good outcomes. The American Cancer Society notes that melanoma found before it spreads has a survival rate over 99%. Dr. Christopher says finding cancer early can prevent it from impacting your life.

Vocabulary List:

1. **detection** //dɪ'tɛkʃən// (noun): finding a disease or problem early
2. **carcinoma** //,kɑː.sɪ'nɒs.mə// (noun): a type of cancer that starts in skin
3. **melanoma** //,mɛlə'nɒsmə// (noun): a serious skin cancer that can grow and spread
4. **spread** //sprɛd// (verb): to move to other parts of the body
5. **survival** //sə'rvaɪvəl// (noun): the chance of staying alive after an illness
6. **prevent** //prɪ'vent// (verb): to stop something bad from happening

Comprehension Questions

Multiple Choice

1. What are the three main types of skin cancer mentioned by experts?

Option: Basal cell carcinoma, squamous cell carcinoma, melanoma

Option: Lung cancer, breast cancer, skin cancer

Option: Sarcoma, lymphoma, melanoma



Option: Basal cell carcinoma, leukemia, melanoma

2. Which type of skin cancer is considered less common but more dangerous?

- Option: Basal cell carcinoma
- Option: Squamous cell carcinoma
- Option: Melanoma
- Option: None of the above

3. What is the survival rate for melanoma found before it spreads, according to the American Cancer Society?

- Option: 75%
- Option: 50%
- Option: 99%
- Option: 90%

4. What type of skin changes should alert you to see a doctor?

- Option: New moles only
- Option: Any change in skin
- Option: Only firm bumps
- Option: None of the above

5. According to the experts, where do basal and squamous cell carcinomas originate from?

- Option: Moles
- Option: Skin changes
- Option: Sun exposure
- Option: Genetics

6. What is a key factor for good outcomes in skin cancer treatment?

- Option: Early action
- Option: Late detection
- Option: Surgical intervention
- Option: Radiation therapy

True-False

7. All types of skin cancer arise from moles.

8. Melanoma is considered more dangerous than basal and squamous cell carcinomas.



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9. Dr. Christopher believes changes in skin are not important to monitor.
 10. Early detection of skin cancer can prevent serious outcomes.
 11. Sores or bumps can be signs of squamous cell carcinoma.
 12. The American Cancer Society emphasizes that timely diagnosis does not affect survival rates.

Gap-Fill

13. Doctors say knowing early signs of skin cancer is important because early detection can prevent serious outcomes. This matters because _____ is key for good outcomes.
14. Experts Adam Friedman and Michael Christopher explain that there are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and _____.
15. Melanoma is less common but more dangerous because it can _____.
16. Dr. Christopher stresses that any change in your skin should _____ you.
17. The survival rate for melanoma found before it spreads is over _____.
18. Basal and squamous cell carcinomas are common and come from skin changes, not _____.

Answer

Multiple Choice: 1. Basal cell carcinoma, squamous cell carcinoma, melanoma 2. Melanoma 3. 99% 4. Any change in skin 5. Skin changes 6. Early action

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

Gap-Fill: 13. early action 14. melanoma 15. spread 16. alert 17. 99% 18. moles

Vocabulary quizzes



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

1. What does the term 'metabolism' refer to?
Option: The process of food ingestion
Option: The chemical reactions that occur within a living organism
Option: The physical structure of a cell
Option: The movement of nutrients within the body
2. What classification is given to an individual with a body mass index (BMI) of 30 or higher?
Option: Overweight
Option: Obese
Option: Normal weight
Option: Underweight
3. What hormone is often referred to as the 'stress hormone'?
Option: Insulin
Option: Cortisol
Option: Adrenaline
Option: Thyroxine
4. Which process involves killing germs and bacteria on surfaces?
Option: Sanitize
Option: Disinfect
Option: Sterilize
Option: Clean
5. What is the most serious type of skin cancer?
Option: Basal cell carcinoma
Option: Squamous cell carcinoma
Option: Melanoma
Option: Carcinoma in situ
6. What term describes the condition of being subjected to something harmful?
Option: Isolation
Option: Exposure
Option: Seclusion
Option: Protection
7. Which type of agent is used to inhibit the growth of microbes?
Option: Antiseptic
Option: Antimicrobial
Option: Antibiotic



Option: Antiviral

8. What term is used for something that has been made impure or unclean by contact with a harmful substance?

Option: Pure

Option: Contaminated

Option: Filtered

Option: Sterilized

9. What is the ability of an organism to continue living called?

Option: Reproduction

Option: Survival

Option: Metabolism

Option: Adaptation

10. What do we call the act of taking in food and drink?

Option: Digestion

Option: Consume

Option: Ingestion

Option: Absorption

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

11. The _____ of an object is its mass per unit volume.

12. Dietary _____ can help in weight management.

13. Prolonged _____ to UV radiation can increase the risk of skin cancer.

14. Vaccination can help prevent the _____ of infectious diseases.

15. Regular check-ups can help _____ potential health issues.

16. He felt _____ after listening to the constant noise.

17. Meeting client _____ is crucial for business success.

18. Poor communication can _____ team effectiveness.

19. A nutrient _____ can lead to various health problems.



20. Some materials can _____ the properties of natural substances.

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

21. Antimicrobial agents are used to combat infections by inhibiting the growth of bacteria.
22. Carcinoma is a type of cancer that originates in epithelial tissue.
23. Cortisol helps to regulate metabolism and the body's response to stress.
24. Infrasound refers to sound waves that are below the frequency range of human hearing.
25. Contaminated water can pose serious health risks to those who consume it.
26. The density of a substance determines whether it will float or sink in water.
27. Obese individuals are at a higher risk for developing chronic health conditions.
28. The lack of information during the crisis was unsettling for the public.
29. The survival of endangered species relies heavily on conservation efforts.
30. Many people fail to properly consume the recommended daily intake of fruits and vegetables.

Answer

Multiple Choice: 1. The chemical reactions that occur within a living organism 2. Obese 3. Cortisol 4. Disinfect 5. Melanoma 6. Exposure 7. Antimicrobial 8. Contaminated 9. Survival 10. Consume

Gap-Fill: 11. density 12. restriction 13. exposure 14. spread 15. prevent 16. irritated 17. expectations 18. hinder 19. deficit 20. mimic

Matching sentence: 1. antimicrobial 2. carcinoma 3. cortisol 4. infrasound 5. contaminated 6. density 7. obese 8. unsettling 9. survival 10. consume

CATEGORY

- 1. Health - LEVEL3

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6. Level 3
7. skin cancer

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