

Types of Skin Cancer

BCC: Basal Cell Carcinoma. The most common type of skin cancer, which commonly presents as a sore that may seem to get better and then recurs and may start to bleed. Basal cell carcinoma often occurs on the face and neck, where the skin is exposed to sunlight. These tumours are locally invasive and tend not to metastasize (spread) to distant locations.

Melanoma: Melanoma is a cancer that usually starts in the skin, either in a mole or in normal-looking skin. About half of all melanomas start in normal-looking skin. There are 4 main types:

- **Acral melanoma** is the rarest type and is usually found on the palms of the hands, soles of the feet, or under fingernails or toenails. It's more common in people with skin of colour and isn't thought to be related to sun exposure.
- **Lentigo maligna melanoma** is usually found in older people in areas of skin that have had a lot of sun exposure over many years. It's often found on the face and neck. It develops from a slow-growing precancerous condition called a lentigo maligna, which looks like a stain on the skin.
- **Nodular melanoma** is the second most common type. It can grow more quickly than other melanomas and is usually found on the chest, back, head or neck.
- **Superficial spreading melanoma** is the most common type. In women, the most common place for it to start is on the legs. In men it's on the chest and the back. The melanoma cells usually grow slowly at first and spread out across the surface of the skin.

SCC: Squamous Cell Carcinoma. The second most common type of skin cancer in the UK is squamous cell carcinoma, or SCC. Most people with SCC can be cured with simple treatment, but they can occasionally spread to other areas of the body.

Skin Cancer Related Conditions

NBCCS: Naevoid Basal Cell Carcinoma Syndrome. Also known as **basal-cell nevus syndrome, multiple basal-cell carcinoma syndrome, Gorlin's Syndrome**. It is a rare, inherited medical condition. People with this syndrome are particularly prone to developing basal cell carcinomas.

NHS structure/ Meetings/Networks

ICS: Integrated care systems (ICSs) are partnerships of organisations that come together to plan and deliver joined up health and care services, and to improve the lives of people who live and work in their area (established July 2022)

ICB: Integrated care boards are statutory NHS organisations responsible for developing a plan for meeting the health needs of the population, managing the NHS budget and arranging for the

provision of health services in the ICS area. The establishment of ICBs resulted in clinical commissioning groups (CCGs) being closed down.

PCN: GP practices work together with community, mental health, social care, pharmacy, hospital and voluntary services in their local areas in groups of practices known as primary care networks (PCNs).

LCRNs: Local Clinical Research Networks support clinical research studies. There is a Greater Manchester LCRN.

Peer Review: Clinical Peer Review is the process by which health care professionals evaluate each other's clinical performance.

Skin MDT: Multi-Disciplinary Team meeting. All cancer patients are discussed in meetings to help make diagnosis and treatment decisions, these are weekly meetings which includes Surgeons (Plastic surgeons), Medical Consultants (Dermatologists), Oncologists, Radiologists and Nurses specialising in a Cancer type. There are local skin cancer multidisciplinary team meetings (LSMDT) and specialist skin cancer multidisciplinary team meetings (SSMDT)– the latter for discussion of patients with more difficult to treat skin cancers.

MDT Members

AHP: Allied Health Professional (e.g. physio/dietician).

CNS: Clinical Nurse Specialist.

Dermatologist: a consultant skin specialist

Plastic Surgeon: a consultant who specialises in removing skin cancers

Oncologist: A consultant who specialises in treating cancers with medication or radiotherapy.

Pathologist: is a Consultant who examines a tissue section for evidence of cancerous cells.

Radiologist: A specialist consultant in interpreting and reporting on scan images to help diagnose but also maybe an interventional radiologist who is required for any procedure under image guidance such as biopsies.

PA: a Physician Associate supports doctors in the diagnosis and management of patients.

Investigations

SLNB: Sentinel Lymph Node Biopsy. A surgeon injects a radioactive substance, a blue dye, or both near the tumor to locate the position of the sentinel lymph node. The surgeon then uses a device that detects radioactivity to find the sentinel node or looks for lymph nodes that are stained with the blue dye. Once the sentinel lymph node is located, the surgeon makes a small incision (about 1/2 inch) in the overlying skin and removes the node.

The sentinel node is then checked for the presence of cancer cells by a pathologist. If cancer is found, the surgeon may remove additional lymph nodes, either during the same biopsy procedure or during a follow-up surgical procedure. SLNB is usually done at the same time the primary tumour is removed. However, the procedure can also be done either before or after removal of the tumour.

Treatments

Moh's Surgery: Moh's surgery is a very effective technique for removing Basal Cell Carcinoma and Squamous Cell Carcinoma, the two most common skin cancers. It spares the greatest amount of healthy tissue while removing cancer cells; cure rates for BCC and SCC are 98 percent or higher with Mohs.

Wide Local Excision (WLE): A surgical procedure in which a scalpel (a sharp knife) is used to cut out a tumour or other abnormal lesion and some normal tissue around it.

Radiotherapy: a treatment where radiation is used to kill cancer cells. Sometimes the abbreviation 'XRT' might be used for radiotherapy however this shouldn't be used because it isn't widely recognised and it is inaccurate because X-rays are only one type of radiotherapy. Many patients are treated using other types of radiation like electrons or brachytherapy

Immunotherapy: a type of cancer treatment that helps your immune system fight cancer.

Targeted therapy: a type of cancer treatment that fights cancer by targeting specific changes in cancer cells.

Chemotherapy: is a cancer treatment where medicine is used to kill cancer cells.

Topical treatments: treatments applied directly to the skin usually in cream form. There are some topical treatments that can be used to treat milder forms of skin cancer, for example, superficial BCCs.

Adjuvant therapy: treatment that is given in addition to the primary (initial) treatment. For skin cancer, adjuvant cancer therapy, such as immunotherapy, chemotherapy or radiotherapy, may follow a primary treatment such as surgery.

Cryotherapy: this treatment is a freezing-cold liquid nitrogen that is sprayed on pre-cancers (and some early cancers) to help clear them.

Clinical trial: a clinical trial compares the effects of one treatment with another. It may involve patients, healthy people, or both. Clinical trials are the main way that researchers find out if a new treatment, like a new drug or diet or medical device is safe and effective in people.

Melanoma levels / stages

Mitotic Rate: The rate at which cells divide.

Staging Systems: Doctors use a number of different systems and scales to describe the stages of cancer

The Breslow scale: For the Breslow scale, a pathologist measures the thickness of the melanoma with a small ruler, called a micrometer. Doctors use a scale called the primary tumour thickness scale, or the Breslow thickness. It measures in millimetres (mm) how far the melanoma cells have reached down through the skin from the surface.

TNM staging: TNM stands for **T**umour, **N**ode, and **M**etastases. This staging system describes the size of a primary tumour (T), whether any lymph nodes contain cancer cells (N) and whether the cancer has spread to another part of the body (M).

Hospitals under the Greater Manchester Cancer Pathway Boards

Bolton NHS Foundation Trust

MCFT: Mid Cheshire Foundation Trust- provides dermatology services at Leighton and Macclesfield

MFT: Manchester NHS Foundation Trust (includes Manchester Royal Infirmary, Wythenshawe Hospital, North Manchester General Hospital and Trafford General Hospital)

NCA: Northern Care Alliance Pennine Acute Trusts which includes Salford Royal, Oldham, Fairfield & Rochdale Hospitals

SHH: Stepping Hill Hospital or Stockport NHS Foundation Trust

SRFT: Salford Royal NHS Foundation Trust – now part of the NCA

TGH: Tameside NHS foundation Trust

The Christie NHS Foundation Trust

WWL: Wroughtington, Wigan & Leigh NHS Foundation Trust

Miscellaneous

Teledermatology: is the use of high quality medical photography as a tool to diagnose dermatological conditions.

Community Imaging Centres: community based clinic where a photographer takes images of skin lesions to be reviewed by a dermatologist.

Artificial Intelligence in medicine: (AI) uses computer programs that analyze very large amounts of information to learn how to help make decisions or predictions. In medicine, the use of AI may help improve cancer screening and diagnosis and plan treatment.