

2014 PUBLIC OUTCOME REPORT

Skin Cancer Screening

Statistics from American Cancer Society indicate that skin cancer is the most common cancer in the U.S. Current estimates are that one in five Americans will develop skin cancer in their lifetime according to the *Journal of the American Medical Association*. The key to successful treatment of most types of cancer is early detection and treatment. The American Academy of Dermatology reports that one American dies from melanoma almost every hour. More than 75 percent of skin cancer deaths are from melanoma.

Free screening

As part of a national campaign to encourage early detection and teach prevention of skin cancer, Riverwood Healthcare Center partnered with Dermatology Professionals to hold a free skin cancer screening clinic in Aitkin, Minnesota, on May 5, 2014.

This screening was targeted for individuals who were uninsured or underinsured and would have gone without a skin cancer screening. The communities served by Riverwood were informed of the skin cancer screenings via a newsletter article and a news release sent to three local newspapers serving the Aitkin, Garrison and McGregor areas.

Dermatology Professionals coordinated the screenings under the direction of Dr. Paul Lundstrom, dermatologist. During the five-hour period (8:30 to 11:30 a.m. and 1:30 to 3:30 p.m.) allocated for the screenings, the capacity was 33 and all appointments were filled several weeks in advance.

On May 5, 33 individuals were screened for skin cancer with 9 normal results and 16 abnormal results. Those screened were from the communities of Aitkin, McGregor, Deerwood, Palisade, Isle, Wahkon and Grand Rapids.

Effectiveness: For the Aitkin screening, 33 individuals were screened for skin cancer with 9 normal results and 16 abnormal results; 11 had benign lesions. Sixteen were seen in follow-up by Dermatology Professionals to treat their lesion(s), four were treated by their primary physician; two patients did not respond to messages for follow-up care. Of the patients screened, 64 percent had findings of previously undiagnosed lesions requiring treatment. Many of these lesions may have been diagnosed at a much later stage had the patient not participated in the screening event.

For follow-up, patients were given a copy of their screening form, which indicated whether treatment was needed. Patients who needed treatment were encouraged to make an appointment with the physician of their choice, and if desired, see the Dermatology Professionals receptionist or call for an appointment.

Those screened were from the communities of Aitkin, Deerwood, Ironton and McGregor, primarily in the 50 to 80 years old age range.

Prevention steps

Skin cancer actually is one of the most preventable forms of cancer. The American Cancer Society (ACS) encourages people to take steps to help lower their risk of developing this disease. The ACS awareness campaign for skin cancer prevention uses the slogan “**Slip! Stop! Slap! and Wrap**”—a catch phrase that reminds people of the 4 key ways they can protect themselves from UV radiation: 1) SLIP on a shirt, 2) SLOP on sunscreen, 3) SLAP on a hat, and 4) WRAP on sunglasses to protect your eyes and sensitive skin around them.



Call any facility toll-free
at (800) 270-1882.

Aitkin + Garrison + McGregor
www.RiverwoodHealthcare.org