



# Prevention

Skin Cancer Awareness Month May 2023

## SKIN CANCER AWARENESS MONTH

### SKIN CANCER AWARENESS

**Note to readers: Innovation** is as essential to cancer prevention as to cancer treatment. Genomic data support **precision prevention** as well as precision medicine. Novel outreach strategies can extend the reach of prevention. Strang will highlight novel approaches in cancer prevention as we have the obstacles Covid created.

**INNOVATION CHEMOPREVENTION: Nicotinamide**, a vitamin B3 precursor, reverses UV-induced DNA damage and immunosuppression when given orally. In a randomized trial in persons who had had 2 skin cancers in 5 years, nicotinamide 500 mg twice daily reduced non-melanoma skin cancers by 20-30% and cancer precursors (actinic keratoses) 13% after a year.<sup>1</sup> Unfortunately, nicotinamide supplements were not potent enough to prevent skin cancers in patients who were immunosuppressed to prevent rejection of organ transplants.<sup>2</sup>

**WHO IS AT RISK?** Individuals with freckles, tan poorly, or burn easily after sun exposure are particularly susceptible.<sup>3</sup>

**SKIN CANCER SCREENING Still not enough evidence for skin cancer screening:** The US Preventive Services Task Force updated its 2016 Screening for Skin Cancer recommendation. Once again it found insufficient evidence to determine risks of benefits of visual inspection screening for skin cancer in standard risk adolescents and adults.<sup>4</sup>

**SKIN CANCER PREVENTION DANGERS OF CHILDHOOD SUNBURNS** A 30-year prospective cohort study of nearly 170,000 Norwegian women found that **childhood sunburns, particularly if continued through adulthood, increased the risk of melanoma and non-melanoma skin cancer by 50%.**<sup>5</sup> Other sunburn trajectories, with fewer sunburns, produced smaller increases that were largely not significant.

### HOW TO REDUCE UV EXPOSURE

**Avoid sun exposure**, especially mid-day (10 AM to 4 PM; 1 hour earlier with daylight savings time).

**Shaded play areas** for children.

**Wear broad-brimmed hats, sunglasses and densely-woven clothing:** Denim is dense and highly protective; a cotton T-shirt is about SPF 8.

**Preapply and reapply sunscreen.** Apply **15 minutes before** exposure for skin absorption, **reapply every 2 hours** and after swimming or heavy sweating.

**Reapplication more important than SPF number. SPF is the fraction of sunlight allowed** (alternatively, the extension of safe exposure). For example, SPF 15 = 1/15, or about 7% of sunlight allowed (93% of sunlight blocked). Benefit rises slowly with higher SPF: SPF 30 blocks 97%, SPF 50 98%, SPF 70 98.5%.

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# The Strang Cancer Prevention Cookbook

## Reduce your Risk for Cancer by Eating a Healthy Diet!

### No-Fuss Broccoli Soufflé

4 Servings

4 cups fresh broccoli florets or 1 1/4 pounds frozen broccoli, thawed and drained  
1 medium potato peeled and cut into 1/2-inch cubes  
2 large egg whites  
1 large egg  
1/3 cup freshly grated Parmesan cheese  
1/8 to 1/4 teaspoon cayenne pepper, to taste  
1/3 teaspoon salt  
Freshly ground black pepper to taste  
1 teaspoon olive oil or olive oil- based cooking spray



Cook the broccoli florets and potato in boiling salted water until very tender, 5-7 minutes. Drain. Puree the broccoli and potato in a food processor until no large chunks remain. Add the remaining ingredients except for the olive oil and puree until very smooth. Evenly coat four 4-6 ounce ramekins or small ceramic bowls with olive oil and fill with the broccoli mixture. Pat down and smooth out the surface with a rubber spatula so that it is flat and firmly packed.

Microwave individually for 5-8 minutes on high ( time depends on the power of the oven) until the center is set and firm. Run a paring knife around the sides of the ramekins to loosen the soufflé's for easy removal. Carefully invert each mold and serve hot or at room temperature.

**Notes:** For a lighter soufflé whip the egg whites separately until soft peaks form. Fold the egg whites into the seasoned, pureed broccoli mixture and continue as directed.

Calories 126 Protein 12g Carbohydrates 14g Fat 4g Cholesterol 59mg Dietary fiber 5g Saturated fat 2g

Major sources of Potential cancer fighters: Phytochemicals: capsaicin, glucosinolates, plant polyphenols (flavonoids), plant sterols, terpenes (carotenoids, monoterpenes).

Recipe by Laura Pensiero, R.D., **Strang** Nutrition Consultant  
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