



# Prevention

Skin Cancer Awareness Month May 2021

## SKIN CANCER AWARENESS MONTH

### SKIN CANCER AWARENESS

**Note to readers:** Fear of COVID exposure sharply reduced medical visits and preventive care with more recent slow recovery. We have added information about optimizing cancer prevention while minimizing COVID risk during the pandemic.

**Cancer prevention during COVID:** Inform patients, remotely or in person.

**CORRECT MISINFORMATION:** A recent **American Academy of Dermatology (AAD)** survey found that 53% of adults are **unaware that shade provides protection** from ultraviolet rays; 47% believe or are unsure that a **base tan prevents sunburns**; 35% that **unless you burn, tanning is safe**; and 31% are unaware that tanning causes skin cancer. **Age matters:** Gen Z and Millennials are the most misinformed, often unaware that snow, water, and sand reflect UV rays, sunburn occurs on a cloudy day, and UV rays can penetrate clothing.

**INSTRUCT:** AAD recommends **basic prevention**:

**Seek shade, especially** between 10 a.m. and 2 p.m.

**Wear sun-protective clothing**, such as long sleeves, pants and wide-brimmed hat, preferably with an ultraviolet protection factor (UPF) number on the label.

**Apply sunscreen with SPF 30+** and every two hours or after swimming.

### SKIN CANCER SCREENING

**Screening high-risk melanoma families:** Skin cancer screening for average-risk patients is costly with limited benefit documented. However, the National Cancer Institute Familial Melanoma Study of melanoma-prone families (2 or more with melanoma) given routine skin cancer screening and education about skin self-exams had melanomas **twofold thinner (0.6 vs. 1.1 mm)** and likely to be **stage I (83%vs 40%)**.<sup>1</sup>

### SKIN CANCER PREVENTION

**Skin cancer** is the **most preventable cancer** simply by changing behavior, especially by the young. Unfortunately, **the young** are the **most misinformed** (see above). Internet searches produce incomplete and low quality information about skin cancer prevention.<sup>2</sup> Rural residents have much higher UV exposures, especially in high-risk time period, and may benefit more from prevention strategies.<sup>3</sup>

### SHARED DECISION MAKING

The **Strang Institute Cancer Screening Trial** of primary care providers found that **shared decision making (SDM)** produced much **better communication about cancer screening**, because SDM is a conversation, not a lecture. We expect to publish final trial results now that final study data will be made available. Some arguments pro and con are below.

#### REDUCING UV EXPOSURE

**Reasons to reduce UV exposure:**

1. **Sunscreens prevent both melanoma and non-melanoma skin cancers:** Free sunscreen creams for patients aged 25-75 reduced melanoma 50% over 10 years.<sup>4</sup>
2. **Slows skin aging:** No detectable skin aging after 4-1/2 years in Australian trial.<sup>5</sup>
3. **Especially if fair-skinned: By appearance** (ivory or pale skin, light hair and eye color, freckles) and **easily sunburned**.

**Reasons not to reduce UV exposure:**

1. **Sunscreen preapplication and reapplication** more important than SPF number. SPF 15 blocks 93% of sun, SPF 70 blocks 98.5%.
2. **Messy** but not risky: No increased mortality 20 years after sunscreen trial (non-significant 6% reduction in mortality).<sup>6</sup>

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For further information please visit [www.strang.org](http://www.strang.org)

# 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  
Chef, Dietitian, Restaurateur, Author  
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