



# Prevention

Skin Cancer Awareness Month May 2022

## SKIN CANCER AWARENESS MONTH

### SKIN CANCER AWARENESS

**Note to readers:** Fear of COVID exposure sharply but mostly transiently **reduced medical visits and preventive care** in 2020. We have added information about cancer prevention during the pandemic.

#### Cancer Prevention During COVID

**INFORM STUDENTS:** a **video** can **inform and change behavior**. Surveys from 1025 high school students has shown that a video **increased sunscreen usage** and **self-exam for changing moles**. The results persisted in follow-up and led to a **revised Health Education Framework for California Public Schools**.<sup>1</sup>

**WHO IS AT RISK?** Individuals with freckles, tan poorly, or burn easily after sun exposure are particularly susceptible.<sup>2</sup>

**USE TECHNOLOGY:** **Telemedicine and mobile health (mHealth) apps** may help. A **telemedicine** trial for patients **unable or unwilling for in-person visits** led to 31 excised lesions, including **basal cell, melanoma *in situ* and dysplastic nevi**.<sup>3</sup> A multicenter study of an **approved, AI-powered mHealth app** compared to the pathological or dermatologist's clinical diagnosis found inadequate but promising sensitivity (87%) and specificity (70%).<sup>4</sup>

#### SKIN CANCER SCREENING

**German screening program helping?** Lower mortality (38%, risk adjusted) for patients with screen detected melanomas vs. clinically diagnosed melanomas had **more localized cancers, fewer advanced cancers and lower mortality (38%, risk adjusted)**. However, healthy behaviors and overdiagnosis, not screening itself, may account for better outcomes.<sup>5</sup>

#### SKIN CANCER PREVENTION

**CELEBRATE “Slip, Slop, Slap, Seek, Slide,”** Australia's 40-year public education campaign. Its sun protection consisted of **five measures: clothing, sunscreen, broadbrim hats, shade and sunglasses**. The Slip! Slop! Slap! campaign **began in 1980–81**, followed by the comprehensive, evidence-based **SunSmart program focusing on schools, workplaces and health professionals**.<sup>6</sup> Skin cancer rates have fallen, especially in younger generations but remain high.

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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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