



How to Prevent SCC

SCC can be prevented by protecting yourself from the sun. Consider doing the following things to protect yourself:

- **Avoid being in the sun between 10 a.m. and 4 p.m.**
- **Wear sunscreen with SPF 15 or higher every day—even in the winter**
- **Wear protective clothing, like long-sleeved shirts and sunglasses**
- **Avoid tanning beds**
- **Perform regular skin self-examinations**
- **Report alarming changes to your doctor**

Treatment Options

Treatment of SCC depends on the location and depth of the cancer. Usually, patients can be treated with surgical removal, which involves a dermatologist cutting out the tumor during an office visit. Surgical removal can take any of the following forms:

- **Excision**
- **Mohs surgery**
- **Curettage and electrodesiccation**

Other forms of treatment for SCC may also include the following:

- **Surgery**
- **Radiation therapy**
- **Immunotherapy**
- **Cryosurgery**
- **Chemotherapy**

Your dermatologist will work with you to identify the best treatment for you and your needs.

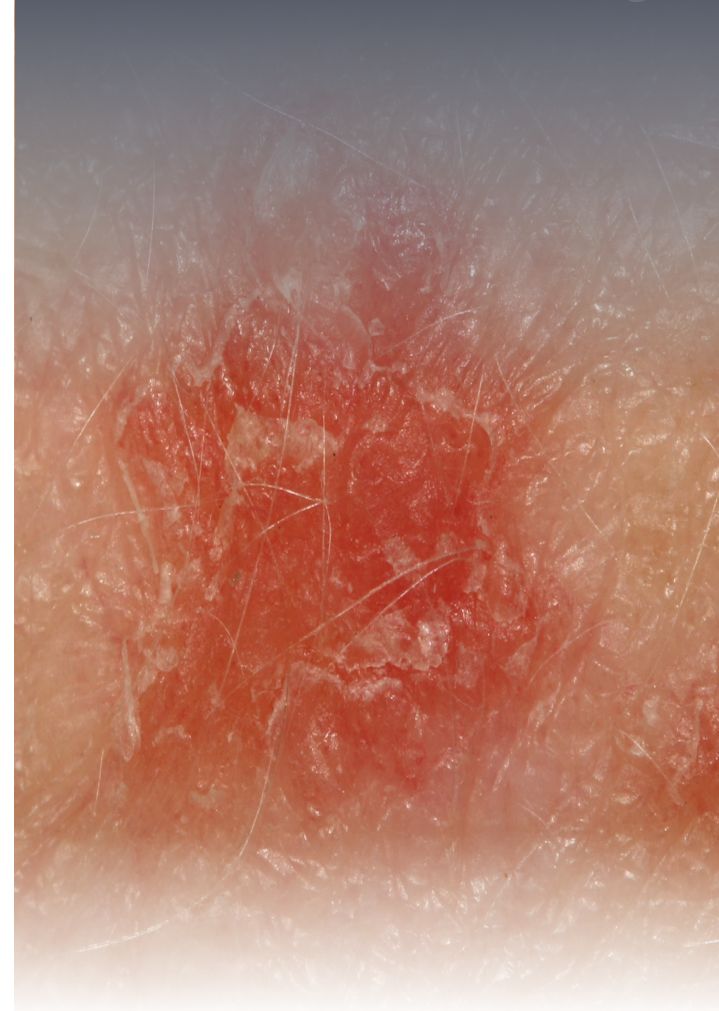


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Squamous Cell Carcinoma



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An Overview of Squamous Cell Carcinoma

Squamous cell carcinoma (SCC) is the second-most common form of skin cancer, with more than 1 million people diagnosed with it in the US every year.

This type of skin cancer is typically slow-growing and found on areas of the body that have been damaged by UV rays. However, it can also spread to tissues, bones, and lymph nodes. When caught early, SCC is not life-threatening, and treatment and recovery can be much easier.



The Purpose of Squamous Cells

Squamous cells are thin, flat cells that are found in the tissue that forms the surface of the skin, as well as the lining of the organs of the body, including the respiratory and digestive tracts.

These cells exist to protect what lies beneath them. In our skin, they sit at the surface to protect the other layers of tissue; in other areas of the body, they protect important organs.

Risk Factors

SCC most commonly develops in people who have fair skin and do not protect themselves from UV light. Most UV light comes from either the sun or indoor tanning equipment.

The following things can make you more likely to develop SCC:

- **Older age**
- **Gender (Men are more likely to develop SCC)**
- **Fair skin**
- **Blue, green, or gray eyes**
- **Blonde or red hair**
- **Excessive time spent outside**
- **History of sunburns or skin cancer**



How to Spot a Potential Squamous Cell Carcinoma

SCC can show up in many ways on the skin. While performing a skin self-exam, look for the following:

- **Rough, reddish, scaly patches**
- **Firm, dome-shaped growths**
- **Brown spots that look like age spots**
- **Open sores with raised borders**
- **Wart-like growths**
- **Old scars developing sores**

These signs usually develop on skin that has been badly damaged by UV rays, so pay special attention to your face, lips, hands, ears, and scalp.

