

Skin cancer diagnosis and treatment: From biopsies to Mohs surgery.

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Abstract

Skin cancer is a common type of cancer that develops when skin cells start to grow abnormally. There are several types of skin cancer, including basal cell carcinoma, squamous cell carcinoma, and melanoma. Early detection is critical to successful treatment, and biopsy is the most common diagnostic method for skin cancer. Depending on the type and stage of skin cancer, various treatment options are available, including surgery, radiation therapy, chemotherapy, and immunotherapy. Mohs surgery, a type of skin cancer surgery, is a highly effective treatment for certain types of skin cancer, with a high cure rate and minimal scarring.

Keywords: Biopsies, Mohs surgery, Skin cancer, Oncology.

Introduction

Skin cancer is a type of cancer that occurs when skin cells begin to grow abnormally. It is the most common type of cancer in the United States, and the number of cases is increasing every year. There are three main types of skin cancer: basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and melanoma. Early detection is critical to successful treatment of skin cancer. One of the most common diagnostic methods for skin cancer is a biopsy, which involves removing a sample of tissue from the suspicious area and examining it under a microscope. There are several types of biopsies, including shave biopsy, punch biopsy, and excisional biopsy. The choice of biopsy depends on the size and location of the suspicious area, as well as the type of skin cancer suspected [1].

Once a diagnosis of skin cancer is confirmed, the next step is to determine the best course of treatment. The treatment options for skin cancer depend on several factors, including the type and stage of cancer, as well as the patient's overall health and medical history. Surgery is a common treatment option for skin cancer. It involves removing the cancerous tissue and a margin of healthy tissue around it to ensure that all of the cancer cells are removed. In some cases, radiation therapy may be used to destroy any remaining cancer cells. Chemotherapy and immunotherapy may also be used in certain cases [2].

Mohs surgery is a type of skin cancer surgery that is highly effective for certain types of skin cancer, particularly those located in sensitive areas such as the face, neck, and hands. Mohs surgery involves removing thin layers of skin one at a time and examining each layer under a microscope until no cancer cells are found. This process is repeated until all of the cancer cells are removed, while preserving as much healthy tissue as possible. Mohs surgery has a high cure

rate and minimal scarring, making it an attractive option for many patients. In addition to surgery, there are several other treatments for skin cancer. Radiation therapy involves using high-energy radiation to destroy cancer cells. Chemotherapy involves using drugs to kill cancer cells, and immunotherapy involves using the body's own immune system to fight cancer. These treatments may be used alone or in combination with surgery, depending on the type and stage of cancer [3].

Prevention is also an important aspect of skin cancer management. Protecting the skin from the sun's harmful ultraviolet (UV) rays is one of the most effective ways to prevent skin cancer. This can be done by wearing protective clothing, such as hats and long-sleeved shirts, and using sunscreen with a high sun protection factor (SPF). Another way to prevent skin cancer is to avoid tanning beds, which emit UV radiation that can increase the risk of skin cancer. It is also important to perform regular self-examinations of the skin and to visit a dermatologist for a full-body skin examination on a regular basis, particularly for those with a family history of skin cancer [4].

It is important to note that early detection and prompt treatment of skin cancer can significantly improve the chances of successful treatment and reduce the risk of complications. Therefore, if you notice any changes in your skin, such as new moles, growths, or changes in the size or color of existing moles or growths, it is important to seek medical attention promptly [5].

Conclusion

Skin cancer is a common type of cancer that can be effectively diagnosed and treated if detected early. Biopsy is the most common diagnostic method for skin cancer, while surgery, radiation therapy, chemotherapy, and immunotherapy are the most common treatment options. Mohs surgery is a highly

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effective treatment for certain types of skin cancer, with a high cure rate and minimal scarring. Prevention is also important, and protecting the skin from the sun's harmful UV rays is one of the most effective ways to prevent skin cancer. Regular self-examinations of the skin and regular visits to a dermatologist are also recommended, particularly for those with a family history of skin cancer. By taking these steps, you can help reduce your risk of skin cancer and ensure early detection and prompt treatment if skin cancer does occur.

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