

Skin cancer research paper examples

[Health & Medicine](#), [Cancer](#)



Skin cancer can be defined as a disease in which malignant cancer cells are found on the surface of the skin. There are three basic types of skin cancer which are named depending on the type of skin cell on which they appear (DeLong and Burkhardt 528). The three are; Basal Cell carcinoma, Squamous cell carcinoma and Melanoma (DeLong and Burkhardt 528). Basal cell carcinoma, according to DeLong and Burkhardt, is described as a non-healing sore on the skin whose cell of origin, though at times unclear, is believed to be the follicular stem cells (528). Squamous cell carcinoma, on the other hand, is a cancer of the skin that originates from the squamous cells of the skin and are often characterized by rough and scaly patches on the surface of the skin and may appear ulcerated as they progress (DeLong and Burkhardt 529). Melanoma, which is regarded as the most severe form of skin cancer, is a type of cancer of the skin that originates from the melanocytes, and is most characterized by its ability to spread rapidly (DeLong and Burkhardt 529). With an estimated 2 million people being diagnosed with skin cancer every year, skin cancer is regarded as the most common type of cancer affecting human beings. Basal cell carcinoma is normally the most prevalent type of skin cancer with close to 3 million cases annually (Skin Cancer Foundation 1). Melanoma is relatively a very rare type of skin cancer compared to squamous cell carcinoma which, even though is not as prevalent as basal cell carcinoma, is a relatively common type of skin cancer (Skin Cancer Foundation 1). Allegedly, one in every five Americans is anticipated to suffer from skin cancer at some point in his or her lifetime (Skin Cancer Foundation 1).

Raddon contends that there is a relationship between skin cancer and the

intensity of the sun (90). It has been proven that the prevalence of skin cancer is very high in regions closer to the equator than regions that are far away from the equator. In this regard, most precautions to avert skin cancer revolve around the avoidance of direct sun rays reaching the skin. This can be done through the use of shades, the use of sunscreen (with SPF 15), wearing a cap as a protection against the sun's rays (Goldberg and Herriott 55). Moreover, one should reduce the duration of time that he or she is exposed to the sun (Goldberg and Herriott 55); in most cases the sun's radiations are strongest between 10 pm and 3 pm. On the same note, people should watch out for cloudy days as such days might be deceiving; this statement underscores the fact that UV radiations have high penetration power hence can penetrate the cloud (Goldberg and Herriott 55).

Even though the use of sunscreen is one of the recommended precautionary ways of protecting one's skin against skin cancers, it should be noted that sunscreens have both advantages and disadvantages. Sunscreen is good in that it helps protect the skin against the sun's dangerous UV radiations. By protecting the skin against the sun's radiations, the sunscreen increases one's performance since the body is cooler compared to when there is no sunscreen. However, even as sunscreens are essential with regards to protecting the body against the sun's harmful radiations, sunscreens are made of chemicals which might in turn prove harmful to the skin. Empirical researches have led to the realization that some of the chemicals used in making sunscreen are carcinogenic hence might lead to cancer of the skin (Goldberg and Herriott 55).

Notably an aging skin is more susceptible to cancer of the skin compared to

a young skin. Capezuti, Siegler, and Mezey assert that skin immune systems reduce with aging hence the increased susceptibility to skin infections (457). This is because the number of T cells, which are responsible for the skin immunity, decrease in number with aging.

Works Cited

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