

Skin Cancer Vigilance

警惕皮膚癌

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Objectives 內容

- Skin cancer – facts and figures 皮膚癌—事實與數據
- What do skin cancers look like? 皮膚癌是什麼樣子?
- How are they treated? 皮膚癌如何治療?
- Your role 您的角色
- Skin cancer – prevention 皮膚癌的預防

- Over 150,000 new diagnoses of skin cancer annually in UK. 英國每年新診斷出超過 15 萬例皮膚癌
- Skin cancer is thought to cost the NHS over £112million/year. 據認為，皮膚癌每年對 NHS 造成的損失超過 1.12 億英鎊
- Broadly classed as melanoma and non-melanoma with melanoma cancers having a greater potential to recur. 皮膚癌大致分為黑色素瘤和非黑色素瘤，其中黑色素瘤癌症復發的可能性較大
- Approximately 3,500 deaths each year from skin cancers. 每年約有 3,500 人死於皮膚癌

Non-melanoma skin cancers非黑色素瘤

- 2 main types - 2個主要類型
- BCC – Basal Cell Carcinoma 基底細胞癌
- SCC – Squamous Cell Carcinoma 鱗狀細胞癌
- These account for 90% of all skin cancers. 這些佔所有皮膚癌的 90%
- Over 140,000 diagnoses recorded in 2015. 2015 年, 記錄了超過 140,000 例
- Often on sun-exposed skin of older adults. 多發于暴露在陽光下的老年人

BCC – Basal Cell Carcinoma 基底細胞癌

- The most common skin cancer. 最常見的皮膚癌
- Sun exposed sites, older population, flat scaly lesion, shiny bump, a scab that never heals or erosion that forms crater, pearl-like rim. 暴露在陽光下的部位、老年族群、扁平鱗狀病灶、發亮的腫塊、永不癒合的痂或火山口、珍珠狀的邊緣侵蝕
- Rarely spreads to other parts of the body. 很少擴散到身體的其他部位
- Slow growing but can become disfiguring if left untreated. 生長緩慢，但如果不及時治療，可能會毀容



Here are some pictures of what can happen if they are left untreated:

以下是一些如果不及時治療可能會發生的情況的圖片：



SCC – Squamous Cell Carcinoma 鱗狀細胞癌

- Again often older adult, sun exposed sites, often scaly or crusty lesion. 常見于老年人，陽光照射部位，常有鱗屑或結痂皮損。
- They may be sore or tender and they may ulcerate and bleed. 它們可能會疼痛或觸痛，並且可能會潰爛和出血。



Melanoma黑色素瘤

- Accounts for approximately 10% of all skin cancers. 約佔所有皮膚癌的 10%
- Incidence of melanoma has more than doubled in the last 20 years and increased by 50% over the last decade. 過去 20 年，黑色素瘤的發生率增加了一倍多，過去 10 年增加了 50%
- Melanoma = 4% of all cancer diagnoses. 黑色素瘤 = 所有癌症診斷的 4%
- 5th most common cancer in 15-24 year olds. Nearly 300 cases annually. 15-24 歲族群中排名第五的最常見癌症。每年近300例
- 2100 deaths from melanoma each year, which means 每年有 2100 人死於黑色素瘤，這意味著
1 person dies from melanoma every 4 hours! 每4小時就有1人死於黑色素瘤!
- 90% of people with a melanoma diagnosis will still be alive at 10 years. 90% 的黑色素瘤診斷患者在 10 年後仍能存活
- It is thought that the majority of cases could be prevented. 大多數病例是可以預防的



Risk factors: 風險因素

- Fair skinned, blue eyed, red or fair hair 白色/淺色皮膚、藍眼睛、紅色或金色頭髮
- Previous diagnosis of melanoma 過去診斷為黑色素瘤
- Blistering sun burn 被太陽曬傷
- High numbers of moles, particularly irregular shaped 泡痣數量較多，特別是形狀不規則
- Intermittent UV exposure, including sunbeds 間歇性紫外線照射，包括日光浴床
- UV lamps for nails??? 美甲用紫外線燈

Recognising melanomas: 識別黑色素瘤

- Can be in a new or a changed mole 新的或改變的痣

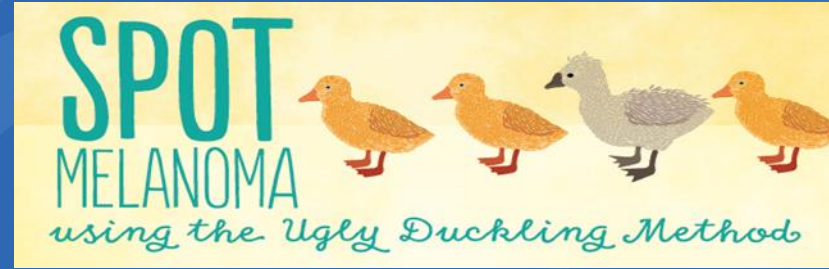
ABCDE rule: ABCDE規則

- Asymmetry不對稱性
- Border邊界
- Colour顏色
- Diameter直徑
- Evolving不斷發展





Think about the ugly duckling! 醜小鴨!



Treatments: 治療

For primary skin cancer often surgery.
The wound may be closed directly or
may involve a skin graft or flap to repair
the area 對於原發性皮膚癌常進行手術治
療。傷口可以直接閉合，也可以使用皮膚移
植或皮瓣來修復該區域



Some scars are more noticeable:

有一些明顯的疤痕



Other Treatments 其他治療

- Other treatments may include radiotherapy, topical creams, photodynamic therapy, drug treatment. 其他治療可能包括放射療法、外用乳膏、光動力療法、藥物治療。
- All treatments will come with side effects for the individual. 所有治療都會對個人產生副作用。

So what can you do?

所以，你可以做什麼？

- Be vigilant! 保持警惕！
- Share information – leaflets/posters! 分享資訊 - 傳單/海報！
- Ask your medical teams (GP, Hospital Doctor, Nurse, Pharmacist about any concerning lesions. Don't be afraid to ask them! 向您的醫療專家（全科醫生、醫院醫生、護士、藥劑師）詢問任何有關的病變。
- Encourage Family and friends to seek medical advice if they have changing moles or spots. 鼓勵家人和朋友在痣或斑點發生變化時尋求醫療建議。
- REMEMBER THE UGLY DUCKLING! 記得醜小鴨！

It is important to also realise that not all changing or unusual lesions are cancer:

重要的是要認識到並非所有變化或不尋常的病變都是癌症：



NO

Sunbeds 日光浴床

• NO

- UV radiation can be 10-15 times stronger than natural sunlight at midday 紫外線在正午時分會比自然光強10-15倍
- UV radiation can become even stronger when you use a sunbed 日光浴床會使紫外線輻射會使情況更嚴重
- Use of sunbeds can increase your risk of skin cancer 使用日光浴床會增加你患皮膚癌的風險

80% of skin cancers are thought to be **PREVENTABLE** 80% 的皮膚癌被認為是可以預防的

- Avoid the direct sun between 1100 and 1500. 上午11時到下午15時期間避免陽光直射
- Seek shade. 尋找陰涼的地方
- Use clothing to protect your skin. 使用衣服來保護您的皮膚
- Use sun screen with an SPF of 30 or above and reapply regularly. 使用 SPF 為 30 或以上的防曬霜，並定期重新塗抹
- Be aware of your body - see your GP if any new moles appear or if existing moles change in colour, size or shape. 注意您的身體 - 如果出現任何新的痣或現有痣的顏色、大小或形狀發生變化，請去看醫生。

Don't Burn!

不要曝曬



- **A blistering sunburn can double your chance of developing melanoma.** 起泡的曬傷會使罹患黑色素瘤的幾率增加一倍。
- **Getting a sunburn just once every two years can triple the risk of melanoma.** 每兩年曬傷一次就會使黑色素瘤的風險增加三倍。



What does blistering sunburn look like?

起泡的曬傷是什麼樣子的？



Seek shade 尋找陰涼的地方

Trees and foliage 樹木和樹葉

Umbrellas and parasols 雨傘和遮陽傘

Canopies and awnings 簷篷和遮陽篷

Tents and shelters 帳篷和遮蔭場所

Wide-brimmed hats 寬邊帽



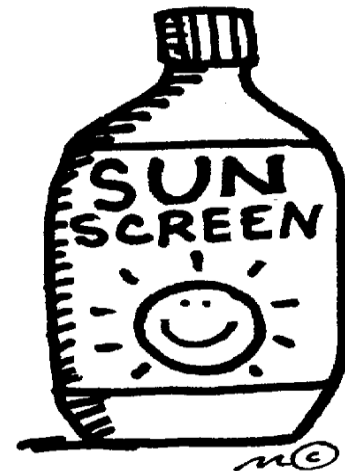
Cover up! 遮陽





Sunscreen absorbs this percentage of UVA rays compared with UVB

Sunscreen 防曬霜



- At least factor 30 SPF SPF 至少為 30倍
- Any brand 任何品牌
- Look for star rating/"broad spectrum" or ensure states UVA as well as UVB protection
尋找星級/"廣譜"或確保說明 UVA 和 UVB
- Will start to deteriorate after 12 months
防護12個月後將開始惡化



- Apply 30 minutes before you go out 出門前30分鐘塗抹
- Re-apply just before you go out 出門時重新塗抹
- 2 teaspoonfuls for your head, neck and arms 頭頸部和手臂 塗抹2 湯匙的量
- 2 tablespoons if you are wearing a swimsuit 如果你穿泳衣的話，塗抹2 湯匙的量
- Reapply every couple of hours 每隔幾個小時重新塗抹一次
- Reapply after swimming/drying/sweating 擦乾/出汗後重新塗抹
- Reapply even if it says it is a once daily product 即使它說是每日一次的產品，也要重新塗抹
- DO NOT USE AS AN EXCUSE TO SPEND LONGER IN THE SUN! 不要以塗抹了防曬霜為藉口，在陽光下暴曬！



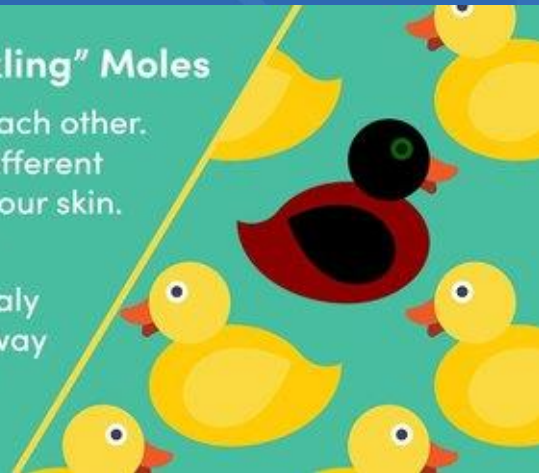
- Be safe in the sun!
在陽光下注意安全!
- Become aware of your normal
了解您的正常皮膚狀況
- Remember the ugly duckling!
記得醜小鴨!
- Check your own skin
regularly 定期檢查自己的皮膚



Watch for "Ugly Duckling" Moles

Compare your moles to each other.
Watch for any that look different
than the other moles on your skin.

Look for sores, bumps,
waxy-looking spots, or scaly
patches that do not go away
within a few weeks or up
to a month.





Summer ready 為夏天做好準備

Birmingham City Council
Health Protection Team
19th July 2024



RESET



RESHAPE



RESTART

What we'll be covering 內容

What is a heatwave 什麼是熱浪

Who's more affected during the heatwave? 哪些人群受熱浪的影響更大?

What happens to the body when it gets too hot
當天氣太熱時，我們的身體會發生什麼

Sunburn and Sunscreen 曬傷和防曬霜

How you can be summer ready 如何為夏天做好準備

Supportive discussions to have with your community 良好的社群討論

Q&A 問答



What does summer look like for you? 對你來說，夏天是什麼樣子的？



What is Heatwave? 什麼是熱浪

- A period of hot weather when temperatures are higher than is expected for the time of year
氣溫高於一年中預期的炎熱天氣時期
- In July 2022 temperatures exceeded 40°C for the first time on record in the UK. 2022 年 7 月，英國氣溫有紀錄以來首次超過 40°C
- When people are exposed to high temperatures, they can become unwell.
當人們暴露在高溫下，他們可能會感到不適



Source: [Hot weather and its impacts - Met Office](#)



Who's more affected by hot weather? 哪些人群受熱浪的影響更大?

Older people aged 65 years and over

65歲以上的老年人

Babies and young children aged 5 years and under

5歲及以下的嬰幼兒

People with underlying health conditions

有潛在健康問題的人士

People on certain medications

服用某些藥物的人士

People with serious mental health problems

有嚴重心理健康問題的人士

People who are already ill and dehydrated

已經生病和脫水的人士

People who experience alcohol or drug dependence

有酒精或藥物依賴的人士

People who are physically active and spend a lot of time outside

身體活躍, 花大量時間在戶外的人士

People who work in jobs that require manual labour or extensive time outside

從事需要體力勞動或長時間在戶外工作人士

People experiencing homelessness

無家可歸的人士

People who live alone and may be unable to care for themselves

獨居且可能無法照顧自己的人

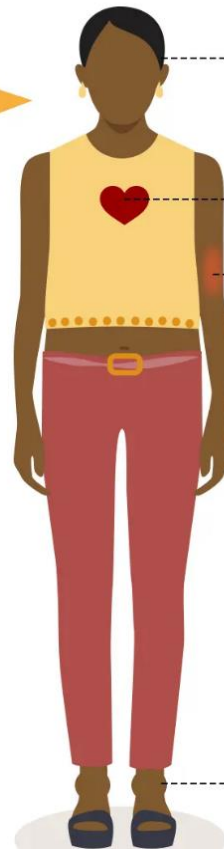


What happens to your body when the weather is hot?

天氣炎熱時你的身體會發生什麼變化?

- It's nice to get in the sun from time to time.
時不時曬曬太陽真好
But spending too much time in the sun can cause some heat illnesses
在陽光下度過太多時間可能會導致一些中暑的疾病

Source: [What do heatwaves do to the body and who is at risk? - BBC News](#)



沒有喝足夠的水而感到頭暈和虛弱的感覺

Dizziness and faint feelings from not drinking enough water

當身體更努力工作時心率會增加

Heart rate increases as the body works harder

Heat rashes as body loses heat from the skin

當身體從皮膚散熱時出現痱子

Skin produces sweat

Sweating cools the skin by losing heat through evaporation

皮膚會產生汗水

出汗透過蒸發散熱來冷卻皮膚

腳踝會因血流量增加而腫脹

Ankles can become swollen from increased blood flow

What happens to your body when the weather is hot?

天氣炎熱時你的身體會發生什麼變化?



**HOT WEATHER**








- **dizziness and fainting**
- **heat exhaustion** 頭暈和昏厥
- **heart attacks** 中暑
心臟病




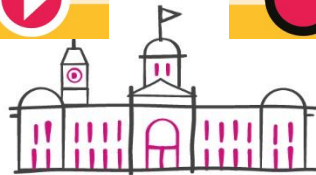
**HOT WEATHER**





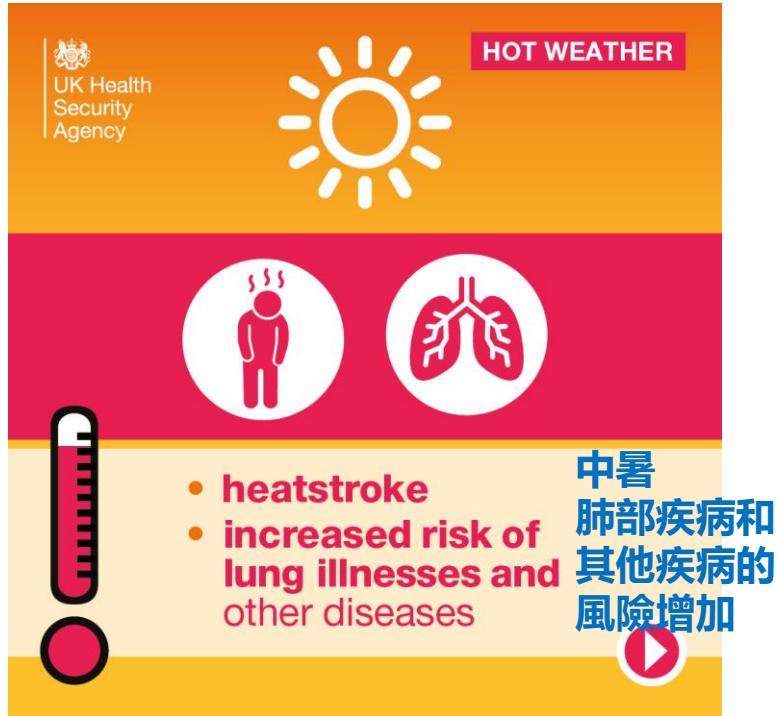
- **dehydration** 脫水
- **heat cramps** 熱痙攣
- **heat rash** 痱子





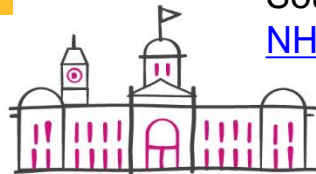
What happens to your body when the weather is hot?

天氣炎熱時你的身體會發生什麼變化？



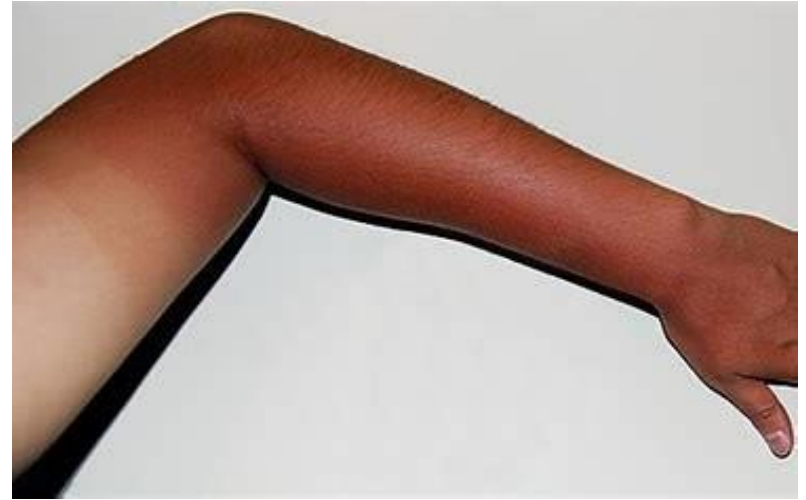
- Excessive sweating 出汗過多
- Skin becoming pale and clammy or getting a heat rash 皮膚變得蒼白濕冷或出現痱子
- Cramps in the arms, legs and stomach 手臂、腿部和胃部抽筋
- Fast breathing or heartbeat 呼吸心跳加快
- High body temperature 體溫升高
- Being very thirsty 感覺非常渴

Source: [Heat exhaustion and heatstroke - NHS \(www.nhs.uk\)](https://www.nhs.uk)

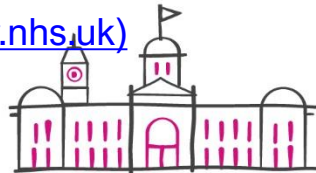


Sunscreen and why it's important 防曬霜及其重要性

- During summer, some people love to get a tan. 在夏天，有些人喜歡曬黑皮膚
- A tan does not protect your skin from the sun's harmful effects. 曬黑並不能保護您的皮膚免受陽光的有害影響
- When a person is exposed to direct sunlight, especially when the weather is very hot, they can get sunburn. 當人們暴露在陽光直射下時，尤其是天氣很熱時，就會被曬傷。



Source: [Sunscreen and sun safety - NHS \(www.nhs.uk\)](https://www.nhs.uk)



Some important facts about Sunscreen

關於防曬霜的一些重要事實

- SPF - sun protection factor 防曬係數
- This is a measure of the amount of ultraviolet B radiation (UVB) protection. 這是衡量紫外線 B 輻射 (UVB) 防護量的指標。
- 50+ SPF is recommended for maximum protection 建議使用 50+ SPF 以獲得最大程度的保護

Sunscreen labels

Sun protection factor (SPF)



Source: British Association of Dermatologists



Source: [Sunscreen and sun safety - NHS \(www.nhs.uk\)](https://www.nhs.uk)



Some important facts about Sunscreen

關於防曬霜的一些重要事實



Source: [Sunscreen explained by a dermatologist \(britishskinfoundation.org.uk\)](https://www.britishskinfoundation.org.uk/sunscreen-explained-by-a-dermatologist)

- The star rating measures the amount of ultraviolet A radiation (UVA) protection. 星級衡量的是紫外線 A 輻射 (UVA) 的防護量。
- The higher the star rating, the better. 星級越高越好
- Some Sunscreens offer both UVA and UVB protection。有些防曬霜同時提供 UVA 和 UVB 防護



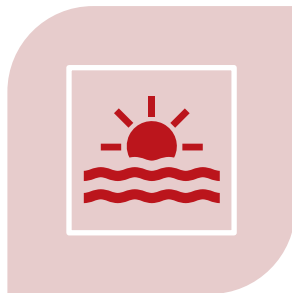
Staying safe with sunscreen 使用防曬霜保持安全



YOUR SUNSCREEN SHOULD HAVE:

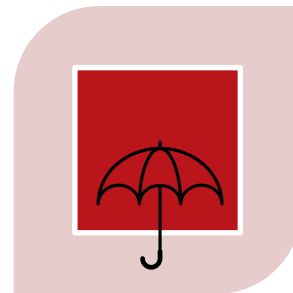
SPF OF AT LEAST 30 AND AT LEAST 4-STAR UVA PROTECTION

你的防曬霜應該具備：SPF 至少為 30，UVA 防護至少為 4 星級



REAPPLY YOUR SUNSCREEN AFTER YOU HAVE BEEN IN WATER, EVEN IF IT'S "WATER RESISTANT"

下水後重新塗抹防曬霜，即使它是「防水」的



DO NOT RELY ON SUNSCREEN ALONE. SPEND TIME IN THE SHADE WHEN THE SUN IS AT ITS HOTTEST

不要僅僅依賴防曬霜。當太陽最熱的時候，待在陰涼處一段時間



- What are some of the things you do to avoid heat and protect others from heat ? 您會採取哪些措施來避免高溫，並保護他人免受高溫影響？



How to be summer ready

如何為夏天做好準備

Avoiding Heat Exposure: 避免暴曬:

- Stay out of the heat when possible. 盡可能遠離高溫
- Seek shade if you need to be outside, especially between 11am and 3pm. 如果您需要外出, 請尋找陰涼處, 尤其是上午 11 點至下午 3 點期間
- Wear sunscreen, a hat, and lightweight clothing. 塗抹防曬霜、戴帽子和穿輕便的衣服
- Minimize strenuous activities that increase body heat. 盡量減少會升高體溫的劇烈活動。



Source: [Heatwave: how to cope in hot weather - NHS \(www.nhs.uk\)](https://www.nhs.uk)



How to be summer ready 如何為夏天做好準備

Source: [Heatwave: how to cope in hot weather - NHS \(www.nhs.uk\)](https://www.nhs.uk/health/heatwave-how-to-cope-in-hot-weather/)

Cooling Strategies: 降溫策略

- Consume cold foods and drinks. 食用冷食和飲料
- Avoid alcohol and caffeine, which can dehydrate you. 避免酒精和咖啡因，它們會讓你脫水
- Take cool showers or apply cool water to your skin or clothing to lower body temperature. 洗冷水澡或在皮膚或衣服上塗冷水以降低體溫

- Keeping cool using these strategies is essential in hot weather to prevent sunburn, heat exhaustion, Heatstroke
- 在炎熱的天氣裡，使用這些策略保持涼爽對於防止曬傷、中暑衰竭和中暑至關重要



How to be summer ready

如何為夏天做好準備

Maintaining a Cool Living Environment:

保持涼爽的生活環境

- Keep living spaces cool by closing windows during the day. 白天關閉窗戶，保持生活空間涼爽。
- Open windows at night when temperatures are lower. 晚上氣溫較低時打開窗戶
- Use electric fans if the temperature is below 35 degrees Celsius. 如果溫度低於攝氏35度，請使用電風扇
- Monitor room temperatures, especially in areas where individuals at higher risk (such as elderly or sick individuals) live and sleep. 監測室溫，尤其是高風險族群（例如老年人或病人）居住和睡眠的場所



Source: [Heatwave: how to cope in hot weather - NHS \(www.nhs.uk\)](https://www.nhs.uk/health-wellbeing/heatwaves/heatwaves-how-to-cope-in-hot-weather/)



KNOW HOW - CAN DO - WANT TO 知道做什麼- 可以做什麼 - 想要保護自己

Do you **know** **how** to protect themselves from the heat? 您知道如何保護自己免受高溫影響嗎?

- Stay in the shade 待在陰涼處
- Wear sunscreen 防曬霜
- Keep rooms cool 保持房間涼爽
- No strenuous exercise 不要劇烈運動
- Drink enough water 喝足夠的水
- Take cool showers 洗冷水澡

Can you protect yourself from the heat? 您能保護自己免受高溫侵害嗎?

- Access to sunscreen 獲得防曬霜
- Access to shaded areas 待在陰涼處
- Access to cold water and cold drinks 獲得冷水或冷飲

Do you **want** to protect yourself from the heat? 您想保護自己免受高溫侵害嗎?

- Health benefits surrounding staying in the shade 待在陰涼處對健康有益
- Health risks of being in the sun 暴露在陽光下的健康風險



Scenarios: Supportive discussions - 應用場景

Scenario: Imagine it's a very hot week and you know of an elderly person in your neighbourhood, but you have not seen them all week and are starting to get a little worried.



"I'm going to stop by xxx's house later today. They live alone and the heat can be tough on them. It's important to check in on our elderly neighbours during these hot days to make sure they're okay."



Scenarios: Supportive discussions – More examples 更多例子

Scenario: Imagine you have a friend who regularly walks their dog but also takes their children out to play at the same time. It has been a very hot week and you are looking out for both the parent and child as well as the dog.



"If you're planning to walk your dog today it would be best to do this in the early morning when it's cooler. Finding some shaded spots along the way to take breaks will help. Plus, don't forget to apply your sunscreen regularly to avoid sunburn"



Scenarios: Supportive discussions – e.g. Drinking water 飲水

Scenario: Imagine it has been a long day at work on a hot day in a stuffy office and you noticed one of your colleagues with a health condition is visibly overheating. It has been a pretty hot day and you also noticed that they haven't had anything to drink yet and its almost lunch time.



"Hey, I've noticed it's been pretty hot lately. Have you been drinking enough water? It's really important to stay hydrated, especially in this weather. I always carry a water bottle with me to remind myself."



Beat the heat poster 打敗熱浪海報



保持聯繫



照顧好自己、長者和小孩



留意天氣預報和新聞



做好準備，預防炎熱天氣

注意保健



多喝水，避免過量飲酒



根據天氣穿著合適衣服



天氣炎熱時放慢速度

找個陰涼地方避暑



知道如何讓家裡保持涼爽



室內或室外，哪裡涼快哪裡待



車內變熱，避免封閉空間

小心注意



留意因炎熱產生的症狀



用水降溫時注意放慢速度並多喝水



游泳時注意安全



需要幫助請撥打NHS 111或在緊急情況下撥打999

如需了解更多信息，請訪問www.nhs.uk/heatwave

Any questions? 問答

For any further questions please
contact the Health Protection Team
HPTeam@Birmingham.gov.uk



RESET



RESHAPE



RESTART



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birmingham.gov.uk

Thank you for Listening !
感謝您的聆聽！

