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You can beat skin cancer with prevention and a 5K

By Stacey Henson



For three-time skin cancer survivor Mike Panaggio, life is all about a ruthless elimination of disadvantages.

That's why he keeps sunblock in his briefcase, his shave kit, in the car and next to his toothpaste in his bathroom.

"You spend enough time in the sun in Florida, you're going to get skin cancer," the Port Orange resident said. Now 65, he moved to Florida in 1981 and plays tennis and golf and heads to the beach every time he can.

He's passionate about educating his friends and family, supporting the third annual Take Your Skin to a Better Place 5K, moved to May 12 because of Hurricane Irma. Sponsored by Florida Skin Center in Fort Myers, the event benefits skin cancer research and prevention.

Although the race is seven months away, you can visit the website at <https://skincancerfoundation.redpodium.com/take-your-skin-to-a-better-place-5k> and register for the race, donate and even open your own fundraising page.

Last year's event had more than 100 participants and raised \$25,000. The Skin Cancer Foundation donations go to increasing awareness. It is also involved in research.

Statistically, one person dies every hour from melanoma, the center reports. In 2017, an estimated 9,730 persons will die from one of the most preventable cancers.

One in five Americans will develop skin cancer, and between 40 and 50 percent who live to 65 will have either basal cell carcinoma or squamous cell carcinoma at least once, Dr. Aurora Badia of the skin cancer center said.



Panaggio said he found out through a routine skin examination that he had squamous cancer on his ear.

Squamous and basal cell skin cancer are the most common forms of skin cancer. Caught early, they are easy to treat.

In most cases, skin cancer can be found and treated at a very early stage, where it can be destroyed or removed using simple and local treatment methods, the website www.knowzo.com reports.

In rare circumstances, these cancers can spread to various parts of the body and numerous lymph nodes. When this happens, treatments such as chemotherapy and radiation therapy

may be required. Different options for squamous cell skin cancers treatments can include everything from surgery to radiation.

The Florida Skin Center educates the public throughout the year, including serving as experts for conferences, talking about medical and cosmetic topics and continuing education by the American Academy of Dermatology.

Badia said people should routinely wear sun protection whenever they are outside.

She recommends a 30 or higher SPF, put on 30 minutes before going outside.

"Reapply it every two hours," she said, " and try to avoid peak hours of sun, usually between 10 a.m. and 2 p.m. Wear sun-protective clothing including sun glasses, hats and SPF shirts."

She recommends watching areas of "high exposure", including your face, hands and ears.

"And of course, regularly get skin checks," she said. "Notice any lesions changing quickly, that you haven't noticed before or that have changed in any way, size shape color and diameter – Get checked right away."

(<http://www.news-press.com/story/news/local/cape-coral/2017/09/25/you-can-beat-skin-cancer-prevention-and-5-k/568481001/>)