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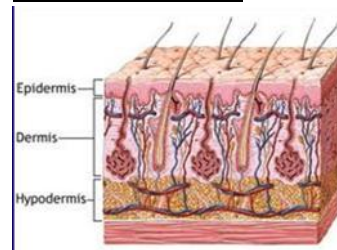
Patient Counseling Report

Actinic Keratosis – Your Pathology Report

Actinic Keratosis is a pre-malignant condition of the cells making up the outer layer of the skin. It usually occurs as scaly, rough, reddish or brown patch on chronically sun exposed areas of the body. Some patients have multiple lesions. Actinic Keratosis may spontaneously disappear, but often remain for years.

It is estimated that 1 in 1,000 Actinic Keratosis will develop into an invasive squamous cell carcinoma. Actinic Keratosis can be treated with several different surgical and medical techniques.

Layers of the Skin



Notes:

Commonly asked questions

- ✧ *What is the best treatment for my type of skin condition?*
- ✧ *Can this condition come back?*
- ✧ *Am I at high risk for Squamous Cell Cancer?*
- ✧ *Can I do anything to protect my skin now?*

Protective Measures

- Examine your body routinely with a hand-held and full length mirror. Don't forget your scalp and back of the neck.
- Become familiar with your skin, moles, freckles, and beauty marks. Report changes to your doctor.
- Protect from overexposure to sunlight, sunburns, and blistering since these are principle causes of skin cancer.
- Use sunscreens with atleast a 15 SPF rating, even on cloudy days.
- Listen to the weather forecast for Ultraviolet Radiation Index (UV index). Avoid peak hours of sunlight.
- Avoid tanning salons.
- Protect your children with sunscreen. Deadly skin cancers can show up years after excessive sunning.

Resources – ask for resources and recommendations...

- ☞ American Cancer Society (800) 227-2345
- ☞ Health and Wellness Hotline (800) 392-0555
- ☞ Skin Cancer Foundation – prevention, detection, treatment (212) 725-5176

2 Farm Colony Dr
Warren PA 16365
814-726-2303

2A Park Way
Seneca PA 16346
814-677-6404

462 Fairmount Ave
Jamestown NY 14701
716-484-6700

110 E Columbus Ave
Corry PA 16407
814-665-1300

1136 Central Ave
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716-366-2033

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Olean, NY 14760
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