

This document was created by a medical student enrolled in the Rural Physicians Associate Program (RPAP) at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up-to-date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

What are they?

- The most common pre-cancerous skin lesion
- Can develop into squamous cell carcinoma

Who is at risk to get them?

- Anyone who gets sun exposure
- Particularly people who are fair-skinned, work outside, increased age, immunosuppressed

What do they look like?

- Usually red and rough-feeling on areas of body that get sun exposure
- Can often feel them before seeing them



<http://www.midlifebachelor.com/images/actinickeratosis-hand.png>



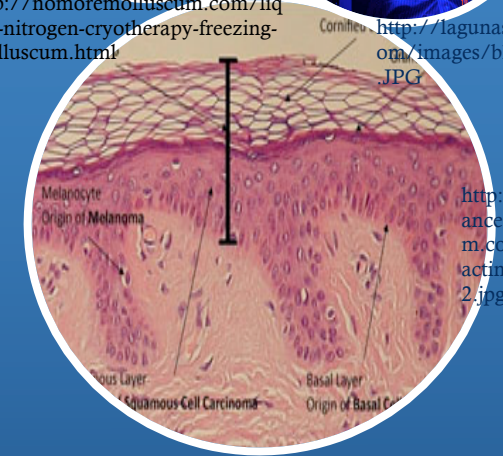
<http://nomoremolluscum.com/liquid-nitrogen-cryotherapy-freezing-molluscum.html>



<http://lagunaskincenter.com/images/blue%20light.JPG>

Prevention

- Avoid sun exposure during peak UVB hours: between 10 am - 3 pm
- Wear protective clothing, hats and sunscreen when outdoors
- Apply sunscreen 30 minutes before going outside and reapply after swimming and prolonged exposure
- Avoid sun-tanning and tanning beds
- Do self-examinations of skin and if there is a new spot that you are concerned about, ask your physician about it



<http://www.ancedskinwisdom.com/images/actinickeratose2.jpg>

Actinic Keratoses



<http://www.dermis.net/bilder/CD197/550px/img0066.jpg>

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<http://www.dermis.net/bilder/CD197/550px/img0066.jpg>



http://www.perazaderm.com/images/skin_conditions/ActinicKeratosis.jpg

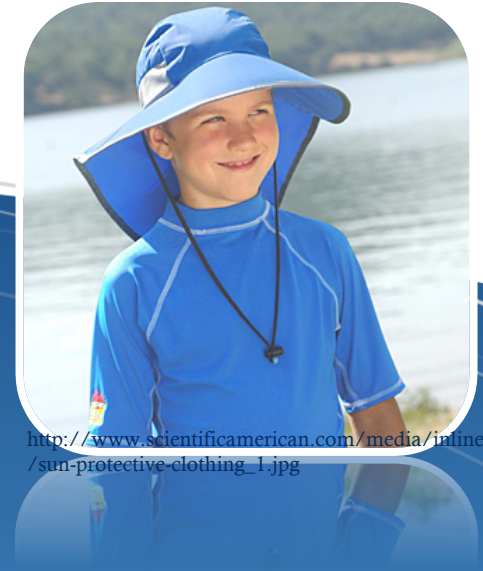
Treatment

The risk of an actinic keratosis developing into cancer can range anywhere from 1% to 16% if untreated. They can disappear without treatment 25% of time but it is important to get them examined and treated so they don't develop into cancer. (Actinic keratoses on First Consult on MD Consult)

Some Surgical Treatment Options:

- Cryotherapy
- Surgical Excision

You can prevent actinic keratoses!



http://www.scientificamerican.com/media/inline/sun-protective-clothing_1.jpg

How are they diagnosed?

- Usually diagnosed by appearance by a doctor or physician assistant experienced with skin spots
- Can be biopsied if lesion does not respond to treatment or concerned about cancer
- If you have a spot on skin that you are concerned about, ask your doctor about it

More Treatment Options:

Topical Treatments:

- 5-Fluoruracil
- Tretinoin
- Diclofenac
- Imiquimod

Other Treatments:

- Photodynamic therapy-has been shown to have better cosmetic outcome compared to cryotherapy and similar resolution rate
- Prevention!!!

For more information:

- Talk to you doctor about any new or changing spots on skin
- <http://www.skincarephysicians.com/actinickeratosesnet/index.html>