

**Program:** All About Skin Cancer, What's New and What's Important

**Speaker:** C. William Hanke, MD, Laser and Skin Surgery Center of Indiana

**Introduced by:** Tom Nicholls

**Attendance:** 143

**Guests:** Peter Benner, E. Holzstein, Jim Price, Leslie Warner

**Scribe:** Larry Hutchison

**Editor:** Carl Warner

Our speaker today was Dr. C. William Hanke, MD, MPH, FACP. Dr. Hanke is a Mohs surgeon with the Laser and Skin Surgery of Indiana and is associated with the Indiana University School of Medicine, as well as the Universities of Iowa and Cincinnati. He has published more than 350 articles, 20 books, and has given more than 500 lectures. Dr. Hanke's talk focused on skin cancers, the identification and treatment thereof, and the new drugs that have recently come to market.

He began his presentation with disclosures about the organizations that he is involved with in terms of clinical trials and research, which were numerous, and he gave a brief summary of his extensive career. It is obvious why he is recognized as pre-eminent in his field.

Dr. Hanke then gave a short explanation of the type of radiation that is damaging to the skin. While there are many types of radiation emissions, for example x-rays, radio waves, etc., it is ultraviolet radiation coming from the sun, tanning beds or even welding torches that is dangerous to the skin. UV rays are broken into three categories, UVA, UVB and UVC. All can cause cancer although UVA and UVB cause most of the damage.

There were several key points to take away from his talk. The primary key is don't spend time in the sun without protection. While getting a nice tan might appear attractive at a young age, this will eventually turn into an unhealthy situation for your skin later in life. Whatever you do, stay away from tanning beds, be aware that glass will not protect you from the sun, and early detection of potentially cancerous growths is important for successful treatment. Finally, aging certainly adds to the danger of developing skin cancers, and unfortunately, there hasn't been much progress in combating that problem.

On the whole, Dr. Hanke's presentation was one of optimism. He showed before and after photos of actual patients. In many cases the first impression of a layman would be that there is no way the individual in the before photo could be helped. However a solution for most of the patients was found, and as medical progress is made, there are more treatment options than you might think. One option, after treatment, is to let the body heal itself if the injury site is conducive to that approach. Reconstructive surgery and skin grafts are required in some cases where the damage is too serious to leave to natural healing. In addition, modern medicine has developed some drugs that are proving to be effective in the treatment of the damage caused by skin cancers. Dr. Hanke's photos demonstrated the results of the different treatment options used on different patients. For treatment of basal cell skin cancers that are not able to be treated by surgery or radiation, there is the oral administration of sonidegib (Odomzo) or vismodegib (Everidge). These drugs provide a new treatment option for those people that have extensive or reoccurring basal cell cancer.

Dr. Hanke mentioned that commissions in Hawaii and Palau will ban the sale of sun screens containing the chemicals oxybenzone and octinoxate. The reason for this is that these chemicals are thought to affect coral reefs. The scribe has found that other parts of the world, including Key West, are doing the same.

A good sunscreen is formulated with ingredients like avobenzone and oxybenzone that absorb UV rays to keep them from penetrating your skin. The best are the ones that features zinc oxide and titanium dioxide to protect skin; these two ingredients won't burn or sting eyes.

Several good questions came from the audience and here are some of the answers:

-Load up on Vitamin D3. Dr Hanke takes 4,000 units per day.

-Redheads especially need protection.

-Mohs was a professor at the University of Wisconsin and the inventor of micrographic surgery (Dr. Hanke is a Mohs surgeon with Laser and Skin Surgery of Indiana) We learned that Mohs surgery can take a considerable amount of time since it requires taking the skin off in layers, and then using a technique called a frozen section, to evaluate if all the cancer has been removed. We also learned that many parts of the body heal easier than others when this type of surgery is done.



**Dr. William Hanke**