



Recent Advances in Skin Cancer Treatment

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DESCRIPTION

Skin malignancies can generally be avoided. Education regarding skin cancer risk factors, prevention, and detection is the best strategy to reduce the incidence of skin cancer as well as the suffering and fatalities caused by this condition. It's crucial for medical professionals and skin cancer survivors to warn people about the risks of excessive UV exposure (from both the sun and artificial sources like tanning beds), as well as it is to shield their skin from UV radiation. The majority of skin cancers can be found when they are at an early, treatable stage with the help of monthly skin self-exams and awareness of the warning symptoms of skin cancer.

PREVENTING GENITAL SKIN CANCERS

Most deaths from this type of skin cancer are caused by squamous cell tumours that begin in the vaginal area. Human Papilloma Virus (HPV) infection, which can be transmitted through sexual contact, is linked to several of these cancers. There are vaccines available to help prevent against HPV infection, which can result in some malignancies. The vaccinations primary goal has been to lessen the risk of cervical cancer, but they may also do so for five other malignancies linked to HPV, including several forms of squamous cell skin cancer.

Chemoprevention

Chemoprevention is the use of medications to lower the risk of cancer. This is probably more helpful for those at high risk of skin cancer, such as those with certain congenital conditions (basal cell nevus syndrome, xeroderma pigmentosum) a history of skin cancer, or those with compromised immune systems (like those who have undergone organ transplants), for those at average risk of skin cancer.

The retinoids, which are medications connected to vitamin A, are among the pharmaceuticals that have received the most. Although they have shown some promise in lowering the incidence of squamous cell cancer, they can have negative side effects, including the potential to cause birth abnormalities.

Because of this, they are currently only utilized in a small number of very high-risk individuals.

Although it hasn't been thoroughly researched, nicotinamide, a type of vitamin B3, has been demonstrated to reduce basal and squamous cell cancer risk in high-risk individuals with very few adverse effects.

Hedgehog pathway inhibitors, which are specific medications, may be helpful for some basal cell nevus syndrome sufferers. For instance, it has been demonstrated that in persons with this disease, the medicine vismodegib can reduce the frequency of new basal cell malignancies and shrink existing tumours. Some people may find it difficult to take the medication every day due to side effects include taste loss and muscle spasms. To lower the incidence of basal and squamous cell skin cancers in those at high risk, additional medications are also being investigated.

DIAGNOSIS

The diagnosis of skin cancers has depended on various conventional techniques which are of an invasive manner. A variety of commercial diagnostic tools and auxiliary techniques like optical biopsies are available to detect skin cancer. These "optical biopsies" can be performed using techniques like Reflectance Confocal Microscopy (RCM) and Optical Coherence Tomography (OCT). In some centres, these methods are already available right now, and in the years to come, they'll probably spread more widely. Basal or squamous cell malignancies seldom spread to other body sites, but when they do, they can be challenging to treat. Doctors are currently searching for improved methods to identify which skin tumours are more likely to spread and grow quickly, necessitating potentially more intensive therapy. For instance, some studies have suggested that squamous cell skin malignancies with reduced protein levels appear to be more prone to spread. Before this kind of tumour testing is employed frequently.

TREATMENT

The majority of basal and squamous cell skin malignancies respond favourably to current local therapies such surgery and radiation therapy. Even tiny cancers might be challenging to cure

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if they are located in particular places. New non-surgical therapeutic modalities include laser surgery, photodynamic therapy, and topical medications may help lessen scarring and other potential side effects.

Treating advanced disease

The majority of basal and squamous cell skin cancers are discovered and treated early, when they are most likely to be

cured, although some can spread to other parts of the body or expand into other areas. With modern medicines like radiation therapy and chemotherapy, these tumours are frequently difficult to treat.