

## SKIN CANCER QUESTIONS

Please give the best answer to the following questions:

1. What is the leading cause of skin cancer?
  - a. Heredity
  - b. Exposure to chemicals
  - c. **Ultraviolet Radiation Exposure**
  - d. Moles on Skin
2. Besides skin cancer, list 2 other effects of overexposure to Ultraviolet radiation.  
**Answer:** Cataracts, premature aging of the skin, immune system suppression
3. True or **False** : People that have a naturally dark skin tone do not get skin cancer
4. **True** or False : Even if it is cloudy outside, you are still exposed to UV radiation
5. Vitamin D is a very important substance in the human body. Sunlight helps the body to create this nutrient, but is also harmful to our bodies since it contains UV radiation. What are two other sources where one can find vitamin D?

**Answer:** milk, cheese, eggs (yolk), fatty fish, and cereals fortified with Vitamin D

6. Matching: Some letters can be used more than once

**A, B** \_\_\_\_\_ Basal Cell Carcinoma

**A** \_\_\_\_\_ Squamous Cell Carcinoma

**A, C, D** \_\_\_\_\_ Malignant Melanoma

- A) Occurs most often in Caucasians with fair complexions
- B) Most common form of skin cancer
- C) Skin cancer with the highest mortality rate
- D) Caused by mutations in cells that produce skin pigments

## MULTIPLE CHOICE QUESTIONS

1. The cells involved in the formation of melanoma are \_\_\_\_\_.

- a. basal cells
  - b. **melanocytes**
  - c. squamous cells
  - d. stem cells
  - e. dermocytes
2. Melanoma can be caused by \_\_\_\_\_.
  - a. **ultraviolet radiation**
  - b. eating eggs and cheese
  - c. high blood pressure
  - d. watching too much T.V.
  - e. lack of exercise
3. Mutations are \_\_\_\_\_.
  - a. a group of superheroes
  - b. **genetic changes to DNA**
  - c. cells that prevent skin cancer
  - d. involved in cell regulation
  - e. altered forms of proteins
4. Melanocytes are found in the \_\_\_\_\_.
  - a. dermis
  - b. **epidermis**
  - c. subcutaneous
  - d. squamous
  - e. lipoderm
5. Tanning beds are a good way to \_\_\_\_\_.
  - a. stay healthy
  - b. look great
  - c. **damage your skin**
  - d. prevent cancer
  - e. exercise
6. The skin cancer associated with the most deaths is \_\_\_\_\_.
  - a. **Melanoma**
  - b. Basal cell carcinoma
  - c. Squamous cell carcinoma
  - d. Kaposi's sarcoma
  - e. Osteosarcoma
7. Which of the following are layers of the skin?
  - a. Epidermis
  - b. Dermis
  - c. Subcutaneous layer
  - d. A and B

CANCERQUEST

cancerquest.org

e. A, B and C

8. Functions of the skin include all but \_\_\_\_\_.  
a. Barrier to infection  
b. Prevention of water loss  
c. Regulation of body temperature  
d. Detoxification of ingested chemicals  
e. Sensory input (heat, cold, touch)
9. The current estimated annual number of skin cancer deaths in the US is \_\_\_\_\_.  
a. 100  
b. 1,000  
c. 10,000  
d. 100,000  
e. 1,000,000
10. Ultraviolet radiation \_\_\_\_\_.  
a. Is a type of energy emitted from the nuclear reactions in the sun  
b. Is a component of visible light produced by stars  
c. Causes cells in the skin to divide rapidly  
d. Is not able to penetrate the earth's atmosphere  
e. Is fully absorbed by water
11. Use of sunscreen reduces skin cancer risk by \_\_\_\_\_.  
a. Adding moisture to the skin  
b. Blocking heat from the sun from reaching the skin  
c. Absorbing visible light from the sun  
d. Absorbing UV light from the sun  
e. All of the above are correct.
12. Which of the following health effects has NOT been associated with tanning?  
a. Skin cancer  
b. Wrinkles  
c. Pre-mature aging of the skin  
d. 'leathery skin'  
e. All of the above have been shown to be associated with tanning.
13. The ABCDEs of skin cancer detection include all of the following except \_\_\_\_\_.  
a. Asymmetry of a skin growth  
b. Irregular border of a skin growth  
c. Color changes of a skin growth  
d. Density of skin growths in a particular body region  
e. Changes (evolution) of a skin growth
14. If you would normally burn in 10 minutes, the application of a sunscreen with an SPF of 15 would allow you to stay in the sun for \_\_\_ minutes.

- a. 10 minutes
  - b. 15 minutes
  - c. 100 minutes
  - d. 150 minutes**
  - e. None of the above is correct.
15. Ultraviolet light leads to the development of skin cancer by \_\_\_\_.
- a. Directly damaging DNA**
  - b. Heating up the skin
  - c. Inducing vitamin D formation
  - d. Causing water in the skin to vibrate wildly
  - e. Killing immune cells located in the skin

