

MELANOMA CANCER

About Melanoma

Melanoma is a serious form of skin cancer. It happens when normal cells in the skin change into abnormal cells and grow out of control.

CANCER BEGINS IN OUR CELLS.

Melanoma can occur anywhere on the skin, including the back and other hard-to-see areas. It can also occur on the skin lining the mouth, nose, and genitals. When it is not treated, melanoma can spread to organs inside the body.

Melanoma can run in families.

Melanoma is a form of cancer that develops in the cells (melanocytes) that make our skin color. Melanoma is the sixth most common cancer in the United States, and the number of melanoma cases diagnosed annually is increasing faster than for any other cancer.

Melanoma generally starts as a single tumor or lesion. Cancer cells can then spread to nearby lymph nodes and/or distant sites throughout the body. Once melanoma spreads to distant locations, it is called advanced or metastatic.

Rarely, melanoma is diagnosed when a person presents with distant metastases, and no primary site on the skin or elsewhere can be found.

ABOUT MELANOMA

This is cancer that develops in pigment-containing cells called melanocytes. Much more uncommonly, it can occur in other locations, such as in the intestines, the mouth, or even the eyes.. Usually, melanoma has easily recognizable visual features. If the disease gets prompt treatment in its early and localized stages, it also has a very high around 90 out of every 100 people (around 90%). This, however, should not encourage one to perceive melanoma as somewhat less of a threat. With plenty of melanoma cancer cases in our professional history,

experts from Cancer Foundation are here to share some key points and guidelines for melanoma cancer treatment and prevention.

Melanoma is a type of skin cancer that develops from melanocytes, the cells that produce the pigment melanin responsible for the color of our skin, hair, and eyes. It is considered the most dangerous form of skin cancer because it can spread to other parts of the body if not detected and treated early.

Here are some important points to know about melanoma:

1. Risk factors: Exposure to ultraviolet (UV) radiation, either from the sun or tanning beds, is a significant risk factor for melanoma. Other risk factors include having fair skin, a history of sunburns, a family history of melanoma, having many moles or unusual moles, and a weakened immune system.
2. Signs and symptoms: Melanoma often develop in an existing mole or appears as a new mole. Some warning signs to watch for are changes in size, shape, color, or elevation of a mole. Melanoma may also cause itching, bleeding, or crusting.
3. Early detection: Regular self-examination of your skin can help with early detection. The ABCDE rule is commonly used to identify potentially concerning moles: Asymmetry (one half unlike the other), Border irregularity, Color variations, Diameter larger than a pencil eraser, and Evolution (changes over time). If you notice any of these signs, it's important to consult a healthcare professional.
4. Diagnosis: A healthcare professional will conduct a thorough examination and may perform a biopsy if they suspect melanoma. A biopsy involves removing a small portion of the suspicious mole or lesion for laboratory analysis.
5. Treatment: The treatment of melanoma depends on the stage and extent of the cancer. Treatment options may include surgical removal of the tumor, immunotherapy, targeted therapy, radiation therapy, or chemotherapy. The choice of treatment will be determined by a healthcare team based on individual circumstances.
6. Prevention: Protecting your skin from harmful UV radiation is crucial in reducing the risk of melanoma. This includes seeking shade, wearing protective clothing, using broad-spectrum sunscreen with a high SPF, and avoiding tanning beds.

If you're concerned about melanoma or have noticed any suspicious changes in your skin, it's essential to consult a healthcare professional for a proper diagnosis and guidance. They can provide you with accurate information and develop an appropriate treatment plan if necessary.

- **Cancer Treatment Vitamin Support Package
UPON REQUEST**

ADDITIONAL TREATMENTS IF REQUESTED UPON REQUEST

WHAT ARE THE SYMPTOMS OF MELANOMA?

As was already mentioned, melanoma usually has a very distinct appearance that often plays a key role in early diagnosis. With a tendency to form around moles, the primary indicators of melanoma are associated with a mole-like formation that seems to change its size, has irregular edges and color patterns, as well as itching sensation and skin breakdown around the region. Although any abnormal skin formation such as a new mole, suspicious lump or blemish should be checked by a doctor, melanoma is usually characterized by distinct features (otherwise known as the “ABCDE” mnemonic):

- **Asymmetry** – the mole-like formation has unequal halves.
- **Borders** - irregular borders that can be either ragged or blurred.
- **Color** - irregular color patterns, the mole is covered in various shades of black and brown
- **Evolving with time** – the mole changes in appearance, size, and color.

WHAT CAUSES MELANOMA?

Certainly, the most well-known risk factor for melanoma is exposure to Ultraviolet rays, projected by the sun, tanning beds and sun lamps. Although UV rays comprise only a small portion of actual sun rays, it's enough to initiate potentially fatal DNA mutations in human cells. Once the genes that are responsible for cell production are affected, the terrain becomes fertile to

cancerous growths. People with atypical moles or a significant amount of regular moles, those who suffer from dysplastic nevus syndrome, possess fair skin or have a history of melanoma in their family are also exposed to a significantly higher level of risk. All in all, two essential risk factors are extended exposure to a high dosage of UV radiation and their individual genetics.

HOW TO PREVENT MELANOMA?

First and foremost, one should considerably minimize exposure to UV radiation. This means avoiding tanning beds and sun light as well as using the standard protective measures when it comes to dealing with UV rays projected by the sun. Simple items such as sun protective clothing, hats, sunglasses and sunscreens can do wonders regarding [the prevention of melanoma](#) development. One should also keep an eye on the time spent in the sun. Of course, it is also of utter importance to maintain a strong immune system. In practice this means all the standard prophylactic measures, such as regular exercises, healthy diet, abstention when it comes to excessive consumption of unhealthy substances and a regular intake of vitamin C. Enriching diet with foods that possess antioxidant properties. Brussel sprouts, green teas, pistachios, zucchini, garlic, citrus fruits and various types of cabbage should be included in your diet.

ALTERNATIVE TREATMENT FOR MELANOMA

The most widely used allopathic method of dealing with melanoma cancer is surgical removal since it also boasts a high success rate. [Alternative treatment for melanoma](#) include the following compounds:

- Anthocyanins found in blackberries, bilberries, and honeyberries.
- HHH Therapy
- Tannins found in various fruits, vegetables, tea and coffee
- Caffeic acid found in apples, olive oil, wine, coffee, and cabbage.
- Luteolin found in medicinal herbs, known as a major anticancer flavonoid.
- Ursolic Acid found in holy basil tea.
- Quercetin found in whole apples, known to protect against the harmful effects of UV rays
- Resveratrol, a stilbene found in peanuts, berries, and grapes, known to inhibit the overproduction of melanin

Experts from the Cancer Foundation also recommend combining the best of western conventional therapies with eastern medicine. **Ozone Steam Sauna therapy**, beneficial for practically all vital organs, takes away a great deal of stress. It has also proved to possess strong detoxifying qualities and is able to provide deep skin cleansing. **Hyperthermia**, a procedure that essentially subjects cancer to over metabolism which results in apoptosis, is another effective way to combat localized cancerous growths, particularly so when combined with our low-dose targeted chemotherapy, known as **Insulin Potentiation Therapy**. In order to positively stimulate

one's immune system and keep the patient feeling like a healthy individual even during high intensity therapy course, complementary therapies such as regular intake of **blue scorpion venom** (a homeopathic remedy that contains diluted blue scorpion venom) and intravenous delivery of vitamin C are also recommended. These are just a few of the alternative techniques employed to treat melanoma and improve the patient's quality of life. To learn more about our melanoma cancer treatment options, go to our section or call our clinic to schedule a consultation with one of our specialist.

Diagnosis

After melanoma is diagnosed, the next step is to determine the cancer's stage, which is based upon the thickness of the tumor, the extent of its spread, and its aggressiveness. Staging is important to determine the most appropriate treatment.

Conventional treatments

Most people with melanoma have one or more of the following treatments depending on the stage:

- HHH Therapy or Surgery – Melanoma is usually treated with surgery to remove the cancer. That's usually true even if the biopsy appeared to have removed the whole abnormal area. During surgery, the doctor might also check nearby lymph nodes to see if the melanoma has spread inside the body. Lymph nodes are bean-shaped organs under the skin that store infection-fighting cells.
- HHH Therapy or Radiation therapy – Radiation can kill cancer cells.

There are three main categories of drug treatments (systemic treatments):

- HHH Therapy or Immunotherapy – Drugs that stimulate or unleash the immune system to attack and kill the cancer cells. Several different types of immunotherapy have been developed, the most important of which are checkpoint inhibitors nivolumab [brand name: Opdivo], pembrolizumab [brand name: Keytruda], ipilimumab [brand name: Yervoy]), which have largely replaced high-dose interleukin-2 (IL-2). Significant progress has been made in the treatment of patients with metastatic melanoma over the past decade. The anti-programmed cell death 1 (PD-1) checkpoint inhibitors (nivolumab, pembrolizumab) and the combination of nivolumab plus

ipilimumab are effective for controlling metastatic melanoma and prolonging life in nearly half of all patients. However, immunotherapy (nivolumab, pembrolizumab, ipilimumab) can be associated with severe side effects. Fortunately, these can usually be controlled with a brief course of immunosuppressive drugs without interfering with the control of the tumor in most cases.

- HHH Therapy or Targeted therapy – Drugs that inhibit specific enzymes or molecules important to the cancer cells.
- HHH Therapy or Chemotherapy – Drugs that stop or slow the growth of cancer cells by interfering with their ability to divide or reproduce themselves.

Integrative medicine For Melanoma **UPON REQUEST**