



Actinic Keratosis

Understanding Your Skin Condition and Treatment

Your Diagnosis

- Actinic keratosis (AK) – a form of precancerous sun damage.
- Appears as a red patch of skin with rough, gritty scale on the surface.
- Usually occurs in areas with the most sun exposure, such as the face, scalp, and arms.
- Has a 1/100 risk of turning into invasive Squamous Cell Cancer

Treatment Options

Two complementary approaches are used to treat AK:

1. Spot therapy – directed at individual lesions that can be seen and felt. Cryosurgery (deep freezing of tissue) is the most common type. This is user dependant and only treats the spot you treat. Cryotherapy can cause pigmentation changes in areas that have been treated thus can have cosmetic downsides.
2. Field therapy – a cream or gel applied to the whole area of skin affected, such as the whole face or scalp. This clears obvious lesions and also treats the surrounding milder damage that cannot yet be seen or felt. Reaction depends on how much Actinic Keratosis you have. Once healed there is no pigmentation changes.

Which approach is right for you?

- A small number of lesions with normal skin around them can often be treated with spot therapy alone.
- Multiple closely spaced lesions in an area of skin usually benefit from a combination of spot and field therapy.

Field Therapy Options Discussed :

- 5-Fluorouracil (5FU)
- 5-Fluorouracil + Calcipotriol (5FUC)
- Imiquimod
- Diclofenac
- -Photodynamic Therapy (PDT)

We discussed the treatment duration, downtime, side effects, and costs of each option in detail.

Your Plan:

- We will proceed with field therapy using 5FUC (a 50:50 mixture of 5FU and Dovonex).
- A prescription will be provided, along with instructions on how to apply it, possible side effects, and how to care for your skin afterwards.
- Follow-up will be arranged as needed to check your response to treatment and manage any lesions that do not clear.

When to Seek Review :

Please return if any lesion:

- Increases rapidly in size
- Becomes painful

- Fails to clear with treatment

Sun Protection

- Rigorous sun protection helps reduce the appearance of new lesions and the need for further treatment.
- Seek shade, wear protective clothing, use sunscreen (SPF 30 or higher, broad-spectrum), wear a broad-brimmed hat, and use sunglasses.

Supplements

- Vitamin D and Niacin**amide** were discussed, and written information was provided. We also discussed the role of Niacinamide 500 mg BID as an added preventative measure. It has been shown in persons with sun damage and a history of NMSC to decrease further NMSC development by 26%. DO NOT GET NIACIN AS IT CAN CAUSE FLUSHING IN 80% OF PEOPLE. GET THE -AMIDE VERSION!!!