AI AND IOT-ENHANCED SKIN CANCER DETECTION AND CARE

PART 1

Editors:
Akhil Sharma
Shaweta Sharma
Shivkanya Fuloria
Sudhir Kumar

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AI and IoT-Enhanced Skin Cancer Detection and Care

(Part 1)

Edited by

Akhil Sharma
R.J. College of Pharmacy
Raipur, Uttar Pradesh, India

Shaweta Sharma
School of Medical and Allied Sciences
Galgotias University, Greater Noida
Uttar Pradesh, India

Shivkanya Fuloria
Faculty of Pharmacy, AIMST University
Semeling Campus, Bedong-08100
Kedah, Malaysia

&

Sudhir Kumar
Faculty of Pharmaceutical Sciences
DAV University, Jalandhar
India

AI and IoT-Enhanced Skin Cancer Detection and Care *(Part 1)*

Editors: Akhil Sharma, Shaweta Sharma, Shivkanya Fuloria & Sudhir Kumar

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FOREWORD

Skin cancer remains one of the most prevalent and potentially deadly forms of cancer, yet its prognosis improves significantly with early detection and timely intervention. In the age of rapid technological advancement, traditional diagnostic approaches are being augmented and in some cases transformed by cutting-edge innovations such as Artificial Intelligence (AI), Internet of Things (IoT), and mobile health applications. This book provides a comprehensive examination of how these technologies are revolutionizing dermatological diagnostics, particularly in the context of skin cancer.

Each chapter meticulously outlines a critical area, ranging from digital dermoscopy to teledermatology, wearable UV-monitoring devices, and AI-driven imaging, presented by a collaborative team of researchers and clinicians. The content not only highlights current capabilities but also examines future directions, ethical implications, and challenges still to be addressed.

This volume stands as a timely and essential contribution to the field of digital dermatology. It is especially beneficial for clinicians, biomedical researchers, healthcare technologists, and policy-makers committed to improving patient outcomes through innovation.

The authors are commended for this significant endeavor, and it is hoped this work inspires further research and application in the pursuit of smarter, more accessible skin cancer diagnostics.

Neeraj Kumar Fuloria
Faculty of Pharmacy, AIMST University, Malaysia

PREFACE

The idea for this book originated from a shared recognition of the urgent need to modernize skin cancer diagnostics through technological advancements. With skin cancer cases steadily rising worldwide, the limitations of conventional diagnostic methods manual inspections, delayed biopsy results, and uneven access to specialists, have become increasingly evident. This work aims to bridge that gap by showcasing the integration of AI, IoT, machine learning, and wearable technologies in dermatology.

This volume is a collaborative effort involving experts from diverse disciplines, including clinical dermatology, biomedical engineering, artificial intelligence, and public health. Each chapter delves into a specialized aspect of the evolving diagnostic landscape, including AI-powered lesion detection, remote monitoring, mobile apps, transfer learning models, and digital dermoscopy.

We have structured the book to provide both foundational knowledge and insight into future technologies, challenges, and clinical applicability. Our goal is to inform and inspire researchers, clinicians, and students to leverage these technological advances for early detection, personalized care, and enhanced treatment outcomes.

We hope this book serves not only as an academic resource but also as a call to action for integrating smarter solutions into mainstream dermatological practice.

Akhil Sharma
R.J. College of Pharmacy
Raipur, Uttar Pradesh, India

Shaweta Sharma
School of Medical and Allied Sciences
Galgotias University, Greater Noida
Uttar Pradesh, India

Shivkanya Fuloria
Faculty of Pharmacy, AIMST University
Semeling Campus, Bedong-08100
Kedah, Malaysia

&

Sudhir Kumar
Faculty of Pharmaceutical Sciences
DAV University, Jalandhar
India

List of Contributors

Apoorva Chourey	Ujjain Institute of Pharmaceutical Sciences, Madhya Pradesh, 456664, India
Akhil Sharma	R.J. College of Pharmacy, Raipur, Uttar Pradesh, India
Akanksha Sharma	R. J. College of Pharmacy, Raipur, Uttar Pradesh, India
Ayushi Chourasia	Bhopal Institute of Technology & Science-Pharmacy, Bhopal, 462045, India
Ashish Verma	Mangalmay Pharmacy College, Greater Noida, Uttar Pradesh, 201306, India
E. Keshamma	Department of Biochemistry, Maharani's Science College for Women (Maharani Cluster University), Bangalore, 560001, India
Gourishankar Birtia	Dr C.V. Raman Institute of Pharmacy, Dr C.V. Raman University, Chattisgarh, India
Neeraj Kumar Fuloria	Department of Pharmaceutical Chemistry, Faculty of Pharmacy, AIMST University, Semeling Campus, Bedong, 08100, Malaysia
Raghav Dixit	ICFAI School of Pharmaceutical Sciences, ICFAI University, Dehradun, Uttarakhand, 248011, India
R. Seetharaman	SRM College of Pharmacy, SRM Institute of Science and Technology, Tamil Nadu, 603203, India
Sajeeda Niketh	Department of Chemistry and Biochemistry, Nrupathunga University, Bengaluru, 560001, India
Suraj Mandal	Department of Pharmacy, IIMT College of Medical Sciences, IIMT University, Ganganagar, Meerut, 250001, India
Sonali D. Pawar	MGV's Pharmacy College, Panchavati, Nashik, India
Shaweta Sharma	School of Medical and Allied Sciences, Galgotias University, Uttar Pradesh, 201310, India
Shivkanya Fuloria	Faculty of Pharmacy, AIMST University, Semeling Campus, Bedong, Kedah, 08100, Malaysia
Sunita	R. J. College of Pharmacy, Raipur, Uttar Pradesh, India
Sakshi Aole	Mahakal Institute of Pharmaceutical Studies, Ujjain, Madhya Pradesh, 456664, India
Safiya Bee	Mahakal Institute of Pharmaceutical Studies, Ujjain, Madhya Pradesh, 456664, India
Shilpa Thukral	Dnyan Ganga College of Pharmacy, Thane, Maharashtra, 400615, India
Taru Shrivastava	Mahakal Institute of Pharmaceutical Studies, Ujjain, Madhya Pradesh, 456664, India
T. Naga Aparna	Faculty of Pharmaceutical Sciences, G. Pulla Reddy College of Pharmacy, Hyderabad, India
Zeba Siddiqui	Amity Institute of Pharmacy, Amity University, Madhya Pradesh, 474005, India

CHAPTER 1

The Evolving Landscape of Skin Cancer Diagnostics

T. Naga Aparna[1], **Sajeeda Niketh**[2], **E. Keshamma**[3], **Suraj Mandal**[4] and **Akhil Sharma**[5,*]

[1] *Faculty of Pharmaceutical Sciences, G. Pulla Reddy College of Pharmacy, Hyderabad, India*

[2] *Department of Chemistry and Biochemistry, Nrupathunga University, Bengaluru-560001, India*

[3] *Department of Biochemistry, Maharani's Science College for Women (Maharani Cluster University), Bangalore-560001, India*

[4] *Department of Pharmacy, IIMT College of Medical Sciences, IIMT University, Ganganagar, Meerut-250001, India*

[5] *R.J. College of Pharmacy, Raipur, Uttar Pradesh, India*

Abstract: Recent discoveries in skin cancer and technological advances making accurate diagnostics far more practical are rapidly changing how skin cancer is diagnosed. Imaging skin tumors or relevant skin pathology with high-resolution, non-invasive anatomical methods have increased the diagnostic precision for these very difficult-to-diagnose entities. The advent of imaging technologies such as Reflectance Confocal Microscopy (RCM) correlative Optical Coherence Tomography (OCT) now allows a high-resolution visualization of skin lesions, subsequently allowing for increased diagnostic accuracy. Novel molecular diagnostics, including gene expression profiling and mutational analysis, reveal the underlying genetic changes associated with skin cancers and pave the way for personalized therapy. Integrating artificial intelligence (AI) into dermatology may yield numerous advantages, including but not limited to improved clinical accuracy, the ability to detect skin cancers at early stages, recommendations for skin lesion and eruption treatments, and enhanced continuity of care. AI-driven diagnostic tools can diagnose skin diseases faster and more accurately than human dermatologists, which could augment the abilities of dermatologists. Non-invasive methodologies, including molecular imaging, liquid biopsies, and Raman spectroscopy, have recently become promising diagnostic methods for skin cancer biomarkers without tissue samples. Wearable diagnostics and nanotechnology advances provide a valuable opportunity for point-of-care testing and continuous monitoring. Despite these developments, challenges remain regarding their cost, accessibility, and integration into clinical practice. This chapter will elaborate on the ultimate transformative effect of these technological advancements, the remaining challenges, and the future of skin cancer diagnosis, pointing out the importance of continued innovation in improving patient outcomes and facilitating clinical procedures.

* **Corresponding author Akhil Sharma:** R.J. College of Pharmacy, Raipur, Uttar Pradesh, India; E-mail: xs2akhil@gmail.com

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Keywords: Artificial intelligence, biopsy, Computer-aided diagnosis systems, Diagnosis, Fluorescence *in situ* hybridization, Machine learning, Melanoma, Next-generation sequencing, Non-melanoma, Polymerase chain reaction, Skin cancer.

INTRODUCTION

Skin cancer is currently a major global public health concern, and its prevalence is steadily increasing. This might have a significant impact on both the world's labor force and economy. The epidermis and dermis are the two main layers of skin. The outermost layer of skin, known as the epidermis, comprises Langerhans, Merkel, melanocyte, and keratinocyte cells. Cancer is one type of skin injury that can result from any aberration in this layer. In different parts of the world, skin cancer incidence, morbidity, and death rates are on the rise. In the United States, 5.4 million new cases of skin cancer are recorded annually. Generally speaking, there are two main types of skin cancer: melanoma, which is caused by malfunctioning melanocytes, and non-melanoma skin cancers, which are formed from epidermal cells [1 - 3].

Human melanocytes, pigment-containing cells that makeup 90%, 5%, and 1% of the skin, eyes, and gut, respectively, increase abnormally and cause melanoma. Melanoma makes up only 1% of skin malignant tumors, a small percentage compared to other skin injuries. Even with recent improvements in treatment methods, melanoma remains the most severe type of skin cancer, with just 15-20% of cases ending in a five-year survival. Roughly 95% of skin cancer cases are non-melanoma skin cancer (NMSC), which is brought on by a combination of environmental and hereditary causes. Non-melanoma skin cancer (NMSC) is a broad term that includes a wide variety of malignant skin cancer types.

However, 99% of NMSCs are classified into two primary subtypes: basal cell carcinoma (BCC) and cutaneous squamous cell carcinoma (SCC). According to several studies, the incidence rate of non-melanoma skin cancer (NMSC) has risen globally every year by 3-8% since 1960 and is 18–20 times higher than that of melanoma. NMSC is more common in men than women, and environmental, phenotypic, and genetic factors affect how likely NMSC is to advance. Given the increasing incidence of skin malignancies and the difficulties in developing effective medication delivery methods, it is imperative to explore all available avenues for disease prevention and treatment [4 - 7].

Several variables influence the genesis of cancer. However, biological (non-modifiable) and non-biological (adjustable) are two important risk factors linked to the pathogenesis of many cutaneous malignancies, and they are depicted in Fig. (**1**) [8].

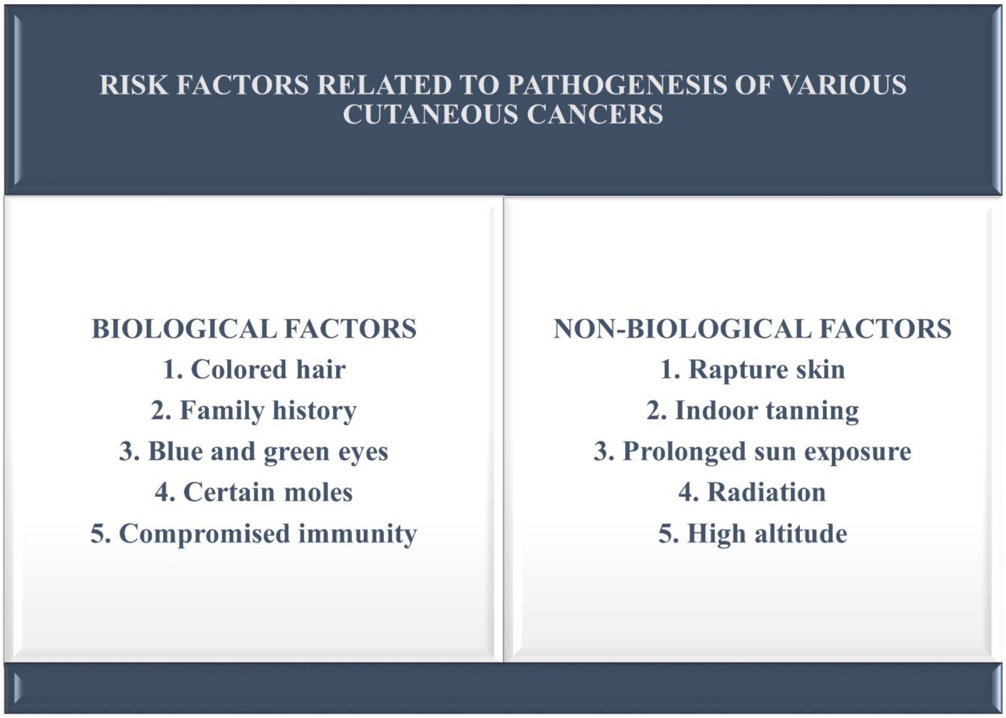

Fig. (1). Risk factors related to the pathogenesis of various cutaneous cancers.

Importance of Early Detection

The goal of population-based cancer screening is to lower the overall cancer death rate in the general population by utilizing an early neoplasm detection method. This approach also includes the long-term surveillance of individuals who have already received a neoplasm diagnosis to detect any relapses, recurrences, or related neoplasms that may manifest over the patient's lifetime and diagnose them early. As many cases of malignant melanoma (MM) as possible can be identified early in life thanks to the use of dermatoscopy, video dermatoscopy, and the "ugly duckling" sign for population screening and self-examination, respectively [9].

To aid in the clinical diagnosis of MM, Friedman *et al*. first defined the ABCD criteria, which include asymmetry, border irregularity, color variegation, and a diameter of at least 6 mm. The ABCDE criteria, where E stands for evolutionary change, were added to the ABCD criteria to increase the diagnostic sensitivity. However, the ABCDE criteria overlook that MMs with a diameter of less than 6 mm exist and that their frequency has grown. Additionally, *in situ* or very early MMs might not meet these requirements. Dermoscopy can enhance the shortcomings of the clinical examination and the ABCDE criteria, irrespective of

CHAPTER 2

Transformation of Skin Cancer Diagnosis with the Utilization of IoT

R. Seetharaman[1], **Sonali D. Pawar**[2], **Raghav Dixit**[3], **Zeba Siddiqui**[4], **Gourishankar Birtia**[5] and **Shaweta Sharma**[6,*]

[1] *SRM College of Pharmacy, SRM Institute of Science and Technology, Tamil Nadu - 603203, India*

[2] *MGV's Pharmacy College, Panchavati, Nashik, India*

[3] *ICFAI School of Pharmaceutical Sciences, ICFAI University, Dehradun, Uttarakhand-248011, India*

[4] *Amity Institute of Pharmacy, Amity University, Madhya Pradesh-474005, India*

[5] *Dr C.V. Raman Institute of Pharmacy, Dr C.V. Raman University, Chattisgarh, India*

[6] *School of Medical and Allied Sciences, Galgotias University, Uttar Pradesh-201310, India*

Abstract: Skin cancer is a serious health threat that affects almost 125,000 new people diagnosed with melanoma each year. Among the various types of cancer, skin cancer is one of the most vicious ones. Skin cancer is known for the fact that it often spreads (moves to other parts of the body over time), and thus, it is harder to treat when diagnosed later; therefore, early detection is paramount. Dermatoscopy, clinical assessment, and other visual techniques were some of the primary methods used to identify skin lesions. The study says that the performance of first-time and inexperienced physicians could lead to bias in skin lesion diagnosis. Skin cancer can be life-threatening, but the sooner it is detected, the lesser its chance of killing people. Much research has shown that IoT does better than the best professional in various vision-based tasks. This chapter explores the technologies of IoT, for example, wearable devices, smartwatches, and fitness trackers with UV sensors, skin patches with sensors for monitoring changes, mobile applications for tracking moles and skin changes, smart dermatoscopy, and cloud computing approaches for the diagnosis of skin cancer. The chapter concludes by discussing the role of IoT role in the enhancement of skin cancer diagnosis and also assists in controlling the general health of the skin. Besides the advancement of IoT, challenges such as system integration and patient data privacy have remained critical.

Keywords: Dermatoscopy, Diagnosis, IoT, Skin cancer, Smartwatches.

* **Corresponding author Shaweta Sharma:** School of Medical and Allied Sciences, Galgotias University, Uttar Pradesh-201310, India; E-mail: shawetasharma@galgotiasuniversity.edu.in

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INTRODUCTION

Skin cancer is one of the most common cancers in the world and the U.S. and its incidence has increased. It is estimated that one in five Americans will develop skin cancer in their lifetime, so by the time they reach 70 years old [1]. Non-melanomatous skin cancer (NMSC) is the most common form, such as squamous cell carcinoma (SCC) and basal cell carcinoma (BCC). Melanoma is among the types of skin cancer with a higher mortality rate, while Merkel cell carcinoma (MCC) is less common [2]. Neoplastic transformation of skin cells occurs when DNA is damaged by UV radiation from the sun or artificial sources like tanning beds and sunlamps. Besides damaging DNA, ultraviolet radiation (UVR) creates an inflammatory and immunosuppressive environment that promotes the progression of premalignant cells into tumors [3]. Fig. (**1**) depicts the stages of skin cancer progression.

Skin Cancer

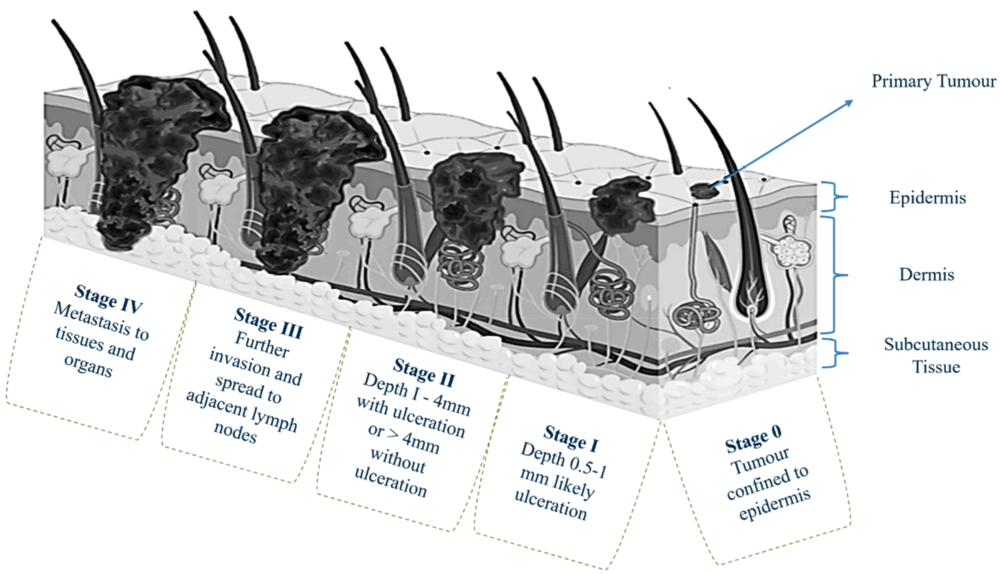

Fig. (1). Stages of skin cancer progression.

Basal cell carcinoma (BCC) is the most common form of skin cancer, with about 3.6 million occurring in the United States each year. The basal cell layer of the skin becomes abnormal and grows uncontrollably in this most superficial layer of skin. Most of the time, BCCs develop on the skin in sun-exposed areas like the face, neck, ears, scalp, shoulders, and back. Apart from UV exposure, other risk factors for BCC are male gender, fair skin, age, and outdoor workplace.

Aberrations of hedgehog pathway genes are responsible for most BCCs. BCCs rarely spread and grow very slowly; they cause minimal harm if they are quickly identified and treated. Some lesions can, however, cause severe morbidity [4] if they are not treated.

Squamous cell carcinoma (SCC) is the second most common type of skin cancer, with approximately 1.8 million cases diagnosed each year in the United States. SCC, or Squamous cell carcinoma, is a cancer of the epidermis characterized by uncontrolled and aberrant growth of squamous cells. Unsurprisingly, SCC is also noticed on sun-exposed skin of the body [5]. Other SCC risk factors are similar to those for BCCs and include a compromised immune system, sun-sensitive diseases such as Xeroderma pigmentosum, skin precancers such as actinic keratosis (AK), and a history of human papillomavirus infections. In particular, they explain that people who have undergone organ transplants and are subjected to long-term immunosuppressive drug therapy are more likely to develop skin cancer: the risk of developing basal cell carcinoma (BCC) is ten times higher, but squamous cell carcinoma (SCC) is increased 65–250 times higher. Compared to BCC, SCC can metastasize more readily and at a faster rate if not recognized early and treated [6].

Malignant melanoma is skin cancer originating from pigment-containing cells called melanocytes. Melanoma is a skin cancer that can be deadly [7]. Over the past several decades, more people in the United States have developed melanoma than any other cancer. Unlike other types of skin cancer, melanoma may spread to an already existing mole or develop in an area of the skin that has not been exposed to sunlight [8]. Melanoma risk factors include atypical moles, pale skin, exposure to ultraviolet (UV) radiation, a weakened immune system, and a history of skin cancer and melanoma in the family [9].

Merkel cell carcinoma (MCC) is a rare type of skin cancer with high aggressiveness characterized by neuroendocrine differentiation [10]. MCC has potential risk factors, including older age, light skin, history of a variety of skin cancers, history of prolonged ultraviolet exposure, and long-term immunosuppression (related to solid organ donation or HIV). About 80% of MCC (Merkel Cell Carcinoma) cases can be attributed to Merkel Cell Polyomavirus infection, while the remaining 20% are caused by skin damage mediated by UV radiation [11].

Besides immunosuppressants, more concerns were raised in recent years regarding the risk of skin cancer associated with some other commonly prescribed medications such as angiotensin-receptor blockers (ARBs), phosphodiesterase type 5 inhibitors, 3-hydroxy-3-methylglutaryl coenzyme A (HMG-CoA)–

CHAPTER 3

AI-powered Imaging for Early Skin Cancer Detection

Akhil Sharma[1], **Shaweta Sharma**[2], **Akanksha Sharma**[1], **Shivkanya Fuloria**[3] and **Sunita**[1,*]

[1] *R. J. College of Pharmacy, Raipur, Uttar Pradesh, India*

[2] *School of Medical and Allied Sciences, Galgotias University, Uttar Pradesh-201310, India*

[3] *Faculty of Pharmacy, AIMST University, Semeling Campus, Bedong, Kedah, Malaysia-08100*

Abstract: Artificial intelligence (AI) has made remarkable advances in recent years that have ushered in a new era of precision medicine, particularly when it comes to the early diagnosis of skin cancer. This chapter explores the potential role of artificial intelligence (AI), which is powered by imaging in dermatology, with a focus on early skin cancer diagnosis. This allows artificial intelligence to analyze complex dermatological photos with statistically greater accuracy, significantly streamlining the diagnostic process. It makes use of the latest algorithms and teaching approaches. AI-based technologies integrated with existing diagnostic methods, such as dermoscopy and molecular diagnostics, offer a comprehensive solution to the identification of skin tumors. This strategy improves the ability to detect neoplasms at their most early and treatable periods. Evidence of AI-driven solutions is applied successfully in clinical practice with case studies provided by Leicester ICS and Lancashire ICB. The examples depicted here demonstrate how AI may broaden diagnostic reach, reduce wait times, and provide more precise evaluations with flow-through benefits for patients. Lastly, the chapter explores several ethical and regulatory topics necessary for implementing artificial intelligence within health care. Special emphasis is placed on its importance in terms of data protection, security, reduction of bias, and patient approval. Future work in this field would include the development of real-time diagnostic and telemedicine applications, further optimization of AI algorithms, and better integration with other diagnostic modalities. Elimination of biases and improving generalizability of AI models across diverse populations remains a major area of ongoing challenge. Research and development of AI-powered imaging is maturing to the point where it could transform early-stage skin cancer detection and treatment. This promises a future where healthcare becomes more precise, efficient, and accessible.

Keywords: AI-powered imaging, Bias mitigation, Data privacy, Dermoscopy, Early diagnosis, Healthcare innovation, Machine learning, Molecular diagnostics, Precision medicine, Skin cancer detection, Telemedicine.

* **Corresponding author Sunita:** R.J. College of Pharmacy, Raipur, Uttar Pradesh, India;
E-mail: ssunitaathakur@gmail.com

INTRODUCTION

Over the last few decades, the incidence of melanoma has increased worldwide, with global warming being one of the main contributors. Melanoma skin cancer [1] is the most common form of skin cancer and affects a large part of the fertile land of countries like the United States and Australia. As per the survey conducted by the World Health Organization (WHO), nearly thirteen million people are identified with melanoma, the deadliest type of skin cancer, annually. Therefore, the high mortality rate observed around the world and the growing cost of medical diagnosis have made early detection of melanoma skin cancer a necessary condition. Hence, it is suggested that action must be taken in order to perform early detection of melanoma as well as the diagnosis of this type of skin cancer [2].

Without any aid, a dermatologist's examination of the skin has often been shown to be poor at diagnosing melanoma. Many imaging modalities are currently examining the efficacy of this imaging to determine *in vivo* whether melanoma can be accurately diagnosed through imaging. These imaging techniques include extensive cutaneous photography, dermoscopy, confocal scanning laser microscopy (CSLM), ultrasound, magnetic resonance imaging (MRI), optical coherence tomography (OCT), and multispectral imaging [3].

For a complete analysis of a pigmented skin lesion, the first preprocessing step should be to extract the lesion area from the surrounding healthy skin. The transition ranges between the lesion and the surrounding skin area are smooth, which is a challenge for lesion detection in dermatoscopic images. It can be complicated — even for dermatologists who have had extensive training. Dermoscopy images have been shown to contain artifacts like uneven illumination, dermoscopic gel, black frames, ink marks, rulers, air bubbles, and intrinsic cutaneous features that will affect boundary recognition, blood vessels, hairs, and skin lines and texture [4, 5].

Segmentation is defined as dividing an image into segments that are similar on a specific property (*e.g*., same luminance, same color, same texture of the image). A representation of an image is a simplified and/or modified version of an image that must be more interpretable and evaluable. This is the purpose of the segmentation process. However, the implementation of automatic segmentation algorithms is critically important in the development of an automated skin lesion diagnostic system. Due to the importance of segmentation as a necessary step prior to performing analysis on lesion images, it has become one of the more important areas of research, and numerous segmentation algorithms and techniques have been reported in the literature [6].

Feature extraction is like measuring certain characteristics, which are also referred to as features, that help differentiate one input pattern from another in order to reduce the size of the original dataset. Feature extraction is performed by measuring the pixels representing a segmented object. It helps in computing a few other features as well. However, the feature extraction stage is the most susceptible to a certain amount of error. Many features are extracted to use to input to a complex classifier. However, scant mention of the true meaning of those features or even objective ways to assess them is still scarce [7].

The classification phase of the diagnostic system is the one that completes the information on the steps to generate a diagnosis about the input image. The classification of dermoscopic images consists of two different methods. The first strategy considers only the second-order structure among the two classes (melanoma and not melanoma), and it gives a binary judgment of 0 or 1 for each data item. This gives you not only a class label for a data point but also a probability of belonging to a certain class. This result corresponds to the second attempt at modeling. Support vector machines embody the most famous implementation of the first approach. Methods coming under the second approach include logistic regression, artificial neural networks, nearest neighbors, and decision trees. However, the way in which these methods build an approximation from data is very different between the two [8].

SKIN CANCER

Skin cancer is the most common type of cancer in the world, and there are more cases of skin cancer in the United States of America than all other cancers combined. Skin cancer classification is based on two basic categories: melanoma and nonmelanoma skin cancer (abbreviated NMSC). Because of the absence of diagnostic criteria and underreporting of skin cancer, it is impossible to accurately know the rates at which the disease is manifesting. In contrast, a number of epidemiologic studies indicate that the incidence of non-melanoma skin cancer (NMSC) and melanoma has increased dramatically over the past several decades. Simultaneously, their detection and treatment represent an important public health issue both from the perspective of the patient's life quality and the costs associated with their management. Skin malignancies account for the most common lesions that arise in sun-exposed areas of the head and neck. In recognition and management of these disorders, there is a considerable burden of morbidity in the interim. The disease can be treated in surgical excision, cryotherapy, chemotherapy, immunotherapy, and radiation therapy, among others. There are also other treatments to consider, such as immunotherapy. Using sunscreen-beating skin cancer will protect them from any kind of neighboring risk [(9, 10)]. Squamous cell carcinoma (SCC), basal cell carcinoma (BCC), melanoma, Merkel

CHAPTER 4

Role of IoT in Remote Dermatology Monitoring

Sunita[1], Akhil Sharma[1], Shaweta Sharma[2], Neeraj Kumar Fuloria[3] and **Ashish Verma[4,*]**

[1] *R. J. College of Pharmacy, Raipur, Uttar Pradesh , India*

[2] *School of Medical and Allied Sciences, Galgotias University, Uttar Pradesh-201310, India*

[3] *Department of Pharmaceutical Chemistry, Faculty of Pharmacy, AIMST University, Semeling Campus, Bedong-08100, Malaysia*

[4] *Mangalmay Pharmacy College, Greater Noida, Uttar Pradesh-201306, India*

Abstract: Skin diseases are among the most prevalent issues in contemporary times that must be examined. The diagnostic process is still based on the opinions and expertise of medical professionals. A wrong diagnosis, diagnostic lag, or an inability to diagnose can have serious or fatal outcomes. The Internet of Things implies connectivity, heterogeneity, and a huge number of devices joining daily as technology advances and puts away insightful gadgets' floods massively. This has led to a need for context-aware platforms anywhere and everywhere. Nonetheless, this divergence of knowledge needs to be integrated and unified to prepare the ground for achieving the goals above and firmly establishing the IoT paradigm. This chapter highlighted the employment of IoT devices for remote monitoring of skin conditions using wearable devices, smart sensors, and mobile applications. It also highlights IoT Technologies (such as AI and machine learning, cloud computing, big data analytics, and telemedicine platforms) for remote monitoring of dermatology. It concluded by discussing the application of IoT in remote dermatology.

Keywords: Cloud computing, Dermatology, IoT, Remote monitoring, Smart sensors.

INTRODUCTION

The Healthcare sector is considered the backbone of any nation for growth and development. In rural areas, because of the dirtiness, inadequate basic amenities, and overpopulation, skin issues are highlighted. Season and temperature are the geographical factors that influence skin disease prevalence [1]. Skin is one of the

* **Corresponding author Ashish Verma:** Mangalmay Pharmacy College, Greater Noida, Uttar Pradesh-201306, India; E-mail: ashishsing264@gmail.com

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last frontiers in healthcare, and diagnosing and treating skin conditions remains a nascent yet needy area. They are often neglected and considered non-fatal diseases. Neglected skin disease leads to discomfort, side effects, chronic disfigurement, and often malignant skin [2]. With the pace of technological advancement, medical and healthcare industries are growing at an accelerating pace. The healthcare industry is now focused on providing large-scale, high-quality diagnostic services, which will provide access to healthcare for a larger population. One of the most suggested technologies for real-time, remote health tracking is IoT-based health monitoring [3].

Today, the Internet of Things (IoT) is increasingly applied in a great number of applications, and its significance is growing in our common locks. IoT technology is also evolving in the healthcare monitoring system to offer efficient emergency services to patients [4]. It is also an E-health application in various aspects, such as early detection of medical problems, emergency alarms, and computer-assisted rehabilitation processes. The subject is connected to the sensor to monitor health, and these smartphones have become an indispensable part of people's daily lives. An end-to-end surveillance system has been developed, which focuses on real-time data acquisition from wards 1 and diagnostic devices, mining these data for effective and automated healthcare [5]. The IoT healthcare system provides very good monitoring and tracking systems that are important in managing people's resources. Cloud computing is used to manage healthcare data, and it offers resource-sharing functionalities such as flexibility, scalable data storage, early data service integration, parallel processing, and security issues [6].

Hence, wearable sensors can be implanted in patients with a very short battery life in the IoT-based healthcare system. Patients also have to charge these and mobile devices often, which may fatigue them over time and require nurse engagement, hampering the use experience. Cloud data centers also consume a lot of energy, indirectly promoting the cost of cloud computing. However, the health monitoring system needs high cloud availability with low latency and power consumption. Another problem of healthcare monitoring is the security that the attacker or hackers can easily corrupt the data. So, a privacy-preserving IoT-based healthcare system has to be formulated, and it needs to be accepted by the patient side for better transferring of data. A smaller number of research works are proposed to enhance the data transmission security in IoT systems. Research studies about IoT-based healthcare systems examine the aspects of precision, computation time, and present challenges during implementation [7].

The connected objects in real-time technology across the internet make IoT one of the growing techs. The convergence from an object to a smart object (the two-way interaction) is why it is popular in various industries. It has a lifetime effect on health tracking, controlling, and clinical delivery of patients' bodily statistics. The sensors are connected to the patients, and the data is attached to the controlling devices and then sent to the health monitoring unit [8]. In some cases, to manage a part of data with security on cloud storage. The IoT is a developing field, and one of the essential aspects is security because transmitting data from the sensor to the cloud center is a potential threat to integrity and confidentiality. In addition, since data obtained from low-resource devices are complex to encrypt [9].

Cloud is a distributed environment, so it is the best option for storing medical data where doctors can access it and *vice versa*, providing more flexibility in remotely caring for patients. The complexity of the architecture of sending and receiving data turns into a handshake between IoT and Cloud for real-time processing. A new hybrid approach framework for managing real-time IoT data and scientific-based irrelevant IoT data is proposed to simplify the complexity of IoT as well [10].

Components of IoT System

Things with Networked Sensors and Actuators (TNSA), Raw Information and Processed Data Stores (RI-PD-S), and Analytical and Computing Engines (ACE) are the three primary components of the Internet of Things. Table **1** describes the component functions of the IoT system.

Table 1. The function of IoT components.

S. No.	Components	Function
1	Things with Networked Sensors and Actuators (TNSA)	Gathers data from items or substances concentrated by a particular application area [11].
2	Raw Information and Processed Data Stores (RI-PD-S)	It retains the information gathered in various formats, including text, data, pictures, videos, models, *etc* [12].
3	Analytical and Computing Engines (ACE)	It facilitates communication between humans and machines and permits feedback based on human needs. It also permits analysis based on the computing model selected according to the specifications [13].

The building blocks of IoT commence with the Things with Networked Sensors and Actuators, which sense the exact information on user requests. It can sense the data over a period defined by the user. After that, the sensed data is stored as Raw Data and processed in the data storage element in the Internet of Things so TNSA can communicate with RI-PD-S. The report states are delivered, allowing the interaction to occur and remain in different shapes (text, data, photos, and videos). The Analytical and Computing Engine (ACE) is the third component of

CHAPTER 5

Tele-Dermatology: Enhancing Access to Skin Cancer Experts

Sakshi Aole[1], **Safiya Bee**[1], **Taru Shrivastava**[1], **Apoorva Chourey**[2], **Ayushi Chourasia**[3] and **Shaweta Sharma**[4,*]

[1] *Mahakal Institute of Pharmaceutical Studies, Ujjain, Madhya Pradesh-456664, India*

[2] *Ujjain Institute of Pharmaceutical Sciences, Madhya Pradesh-456664, India*

[3] *Bhopal Institute of Technology & Science-Pharmacy, Bhopal-462045, India*

[4] *School of Medical and Allied Sciences, Galgotias University, Uttar Pradesh-201310, India*

Abstract: Dermatological care has been transformed by teledermatology, which has considerably improved access to skin cancer specialists. This is especially true in disadvantaged places, where there is a limited availability of specialist care resources. This chapter examines the development of teledermatology, with a focus on its techniques and the impact it has had on the treatment of skin cancer. Teledermatology makes use of both store-and-forward and real-time consultation methods, which enables the diagnosis and management of skin problems to be carried out remotely. Dermatologists can properly assess and triage patients through the use of these approaches. This allows for the early detection of skin cancers such as melanoma, basal cell carcinoma, and squamous cell carcinoma, which is essential for the survival and outcomes of patients. Recent developments in digital imaging, mobile health technologies, and the increasing use of electronic health records (EHRs) have all contributed to the acceleration of the incorporation of teledermatology into ordinary clinical practice. Furthermore, the utilization of artificial intelligence (AI) and machine learning in the field of teledermatology has resulted in an improvement in diagnosis accuracy. This has enabled assistance in the interpretation of intricate dermatological situations, hence enhancing the overall efficiency of care delivery.

The field of teledermatology, despite the many advantages it offers, is confronted with many obstacles. These obstacles include inequities in access to technology, concerns over the privacy and security of data, and the requirement for defined protocols to guarantee a uniform level of care. The legal and ethical considerations that are linked with teledermatology are also discussed in this chapter. Particular attention is paid to the issue of patient permission and the practice of medicine across jurisdictions. This chapter takes a look into the future and analyzes potential future directions in the field of teledermatology. These prospects include the possibility of deeper integration of

* **Corresponding author Shaweta Sharma:** School of Medical and Allied Sciences, Galgotias University, Uttar Pradesh-201310, India; E-mail: shawetasharma@galgotiasuniversity.edu.in

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artificial intelligence, the expansion of teledermatology services to other locations, and the ongoing development of innovative technology to improve patient care. Through the resolution of these problems and the utilization of the full potential of teledermatology, healthcare systems can guarantee wider and more equitable access to skin cancer expertise, which will ultimately result in improved patient outcomes internationally.

Keywords: Artificial intelligence, Dermatology, Digital health, EHR integration, Ethical considerations, Healthcare access, Melanoma, Real-time consultation, Remote consultation, Skin cancer, Teledermatology.

INTRODUCTION

Telemedicine is the practice of providing medical information and services through the utilization of various forms of telecommunication technologies. It is from the Greek root word "tele" that we get the phrase "telemedicine," which means "distant." Teledermatology is the term used to describe the practice of applying the concepts of telemedicine to the profession of dermatology. The practice of medicine at a distance is what is meant by the term "teledermatology," according to one definition. In recent years, there has been a consistent increase in the utilization of telemedicine [1]. This can be attributed to the ever-increasing affordability of emerging health and information technology, the enhancement of performance, and the growing clinical acceptability of telemedicine among both patients and medical professionals. Professionals in the field of dermatology have shown reluctance to implement telemedicine, just as they have in other medical specialties. The traditional doctor-patient connection, which has been considered the "gold standard" for a long time, is becoming more questioned [2]. On the other hand, teledermatology shows potential as an alternative method of providing medical care. Patients are increasingly expressing a desire for a change in the administration of health care. Some medical professionals, particularly those who have reservations about technology, have come to view telemedicine as a potential danger and are worried that the relationship between the physician and the patient may become more strained as a result. As a result of the elimination of traveling for patients, physicians, and nurses, teledermatology provides an obvious form of service delivery that is aimed at enhancing access and reducing costs. Radiology, psychiatry, cardiology, pathology, obstetrics, surgery, pathology, and nursing are some of the other medical specialties that have embraced and utilized the advent of telemedicine recently [3, 4].

Real-time teledermatology involves a live video consultation with the patient. In contrast, store-and-forward teledermatology involves the images of the patient being transmitted to the teleconsultant as the first step. After this, the consultant provides a relevant plan of action regarding diagnosis or management. Real-time teledermatology is a more advanced form of teledermatology. Both “real-time” and “store-and-forward” teledermatology are components that are included in hybrid teledermatology treatments. Mobile-teledermatology is the term used to describe teledermatology, which is performed utilizing mobile phones. There are a few extensions of teledermatology, such as teledermatopathology or telecytology, in which dermatopathology or cytology images are transferred, and teledermoscopy, in which physicians consult on dermoscopic images that are provided electronically [5].

Over the past two decades, teledermatology has demonstrated an increasing potential for use. The practice of dermatology is ideally suited for the application of telemedicine due to the inherent visual character of the field. Several teledermatology protocols that have been adopted for use in civilian projects were initially developed by the United States Department of Defense, which was one of the pioneers in this field [6, 7].

Systematic studies of the relevant literature have revealed that the most prevalent applications of teledermatology are for patient management, providing medical support in nursing homes and home care settings, and providing patient consultation in remote places. According to the data that has been released, the highest number of teledermatology practices are found in both North America and Europe. In terms of the practice of teledermatology, it appears that countries with a lower physician-to-patient ratio are underrepresented in the field [8, 9]. Teledermatology, a subset of telemedicine, plays a crucial role in modern healthcare by enhancing access to dermatological services, particularly for underserved populations. This innovative approach leverages technology to provide remote consultations, diagnoses, and treatments, which is especially beneficial in dermatology due to its visually dependent nature [10, 11].

Two primary categories have traditionally been used to categorize teledermatology: real-time teledermatology and store-and-forward teledermatology, which are shown in Fig. (**1**).

Importance in Modern Healthcare

Teledermatology is increasingly important in modern healthcare as it enhances access to specialized dermatological care, particularly for patients in underserved areas, as shown in Fig. (**2**). Utilizing advanced telecommunication technologies allows for timely diagnosis and management of skin conditions, ultimately improving patient outcomes and satisfaction.

CHAPTER 6

Digital Dermoscopy: Advancements in Visualizing Skin Lesions

Ashish Verma[1], **Sunita**[2], **Akhil Sharma**[2], **Shaweta Sharma**[3], **Shilpa Thukral**[4] and **Akanksha Sharma**[2,*]

[1] *Mangalmay Pharmacy College, Greater Noida, Uttar Pradesh-201306, India*

[2] *R. J. College of Pharmacy, Raipur, Uttar Pradesh - 202165, India*

[3] *School of Medical and Allied Sciences, Galgotias University, Uttar Pradesh-201310, India*

[4] *Dnyan Ganga College of Pharmacy, Thane, Maharashtra-400615, India*

Abstract: Digital dermoscopy is an emerging novel advancement in dermatology that has transformed the assessment and diagnosis of skin lesions. Although effective, traditional skin inspection techniques depend on interpreting dermatologists, so there might be variations in diagnosis. Digital dermoscopy is a high-resolution imaging technology that has transformed how we examine lesions, making it possible to detect melanoma and non-melanoma skin cancers more objectively, accurately, and at an early stage. There have been developments in digital dermoscopy with the integration of artificial intelligence (AI) and machine learning algorithms, which help in analyzing skin lesions by detecting patterns and distinguishing between benign and malignant lesions more accurately. Artificial intelligence-driven systems can minimize human error and improve diagnosis accuracy in essential care settings, where access to the dermatologist could be challenging. These systems are useful in diagnostic support and improve the possibility of training for health care providers. Furthermore, teledermoscopy, a digital dermoscopy subset, has improved access to dermatologic care. When combined with telemedicine platforms, patients can be consulted digitally, and skin lesions can be monitored longitudinally using dermoscopic images. This can be especially beneficial in areas with few dermatologic services, such as rural regions. This is particularly valuable in rural or underserved regions with limited dermatological services. Digital dermoscopy also enables the storage and comparison of images over time, facilitating better monitoring of lesion evolution. This functionality is especially important for patients with a history of skin cancer or high-risk patients, allowing the identification of subtle changes that may suggest malignant potential. In conclusion, digital dermoscopy will be a cornerstone of dermatology in the future because it provides better diagnosis as well as accessibility and outcomes for patients. With continued advancements, it would be able to lower the number of cases of skin cancer deaths and could change the standard for how skin disease is detected early on.

* **Corresponding author Akanksha Sharma:** R. J. College of Pharmacy, Raipur, Uttar Pradesh - 202165, India; E-mail: akankshasona012@gmail.com

Keywords: Biopsy, Cancer, Cryotherapy, Dermatology, Digital dermoscopy, Skin lesions, Teledermoscopy.

INTRODUCTION

Dermoscopy, also known as dermatoscopy and chemiluminescence microscopy) is a non-invasive diagnostic method for studying skin lesions. It uses a special device called a dermatoscope with a good quality magnifying lens and a light source that enables viewing structures within the skin not seen by the naked eye. Dermoscopy is a non-invasive tool that is predominantly used to evaluate pigmented lesions. It also assists in diagnosing other conditions, including melanoma, basal cell carcinoma (BCC), and other skin malignancies. Dermatologists can more precisely discriminate between benign and neoplastic lesions based on characteristics such as pigmentation, color, and structure (symmetry and border shape) than with visual inspection [1 - 3].

A clear gel may be applied to the skin to help visualize the surface during a dermoscopy exam, but newer models of dermatoscopes typically do not require this. A device is then mounted over the lesion, enabling the clinician to view the skin in-depth, free from surface reflections. It greatly increases diagnostic specificity (and sensitivity, particularly for melanoma) and reduces surgical excisions of benign lesions. It is also helpful for tracking changes in known moles and diagnosing dermatologic diseases other than skin cancer, including inflammatory and infectious skin conditions [4 - 6].

Digital dermoscopy, also known as sequential digital dermoscopy (SDI) or digital dermoscopic monitoring, refers to capturing, storing, and comparing successive dermoscopic images of skin lesions over time. This sensitivity is helpful when analyzing small variations in lesions that can announce the onset of melanoma or another type of skin cancer. Visual inspection alone has a lower accuracy in early melanoma detection, which is improved by digital dermoscopy and computerized methods of analysis. It also allows observation of lesions for changes over time, which is critical for detecting melanoma at an early stage. It establishes a standardized method for comparing images taken of the same image by different cameras, even within a facility. Also, it supports whole-body mapping and tracking of multiple lesions per patient, particularly in the high-risk population [7, 8].

Different types of equipment are used to perform digital dermoscopy. Handheld dermatoscopes with smartphone attachments or built-in photography systems dedicated digital chemiluminescence systems or videodermatoscopes in major centers, and smartphone-compatible dermatoscopy apps can be used for image capture and storage. Best practices suggest guidelines for image orientation, resolution, scale, focus, and color to anchor consistency. It is important to keep these parameters standardized in order to evaluate lesions correctly over time [9, 10].

Full-body mapping and subsequent follow-up are time-consuming, particularly in the presence of multiple lesions. Using different devices for sequential imaging at a single facility may introduce heterogeneity in image quality and characteristics. No incumbent binding standards in digital dermoscopy image quality can lead to poor clinical images. Patients transfer from one facility to another, so continuous tracking is challenging. Digital dermoscopy is one of the beneficial applications for early detection and longitudinal monitoring of melanoma and other skin cancers. Dermatologists use images captured at risk points to compare and identify minor changes that could indicate malignancy, leading to earlier diagnoses and improved patient outcomes [11, 12].

Development in Digital Dermatology

Advancements in dermatology due to increasing digital relevance, especially in teledermatology and AI incorporation for diagnoses, highlight the need for attention to this emerging aspect of dermatology and skin cancer detection. Fig. (**1**) summarizes the relevance of digital dermatology in skin cancer detection.

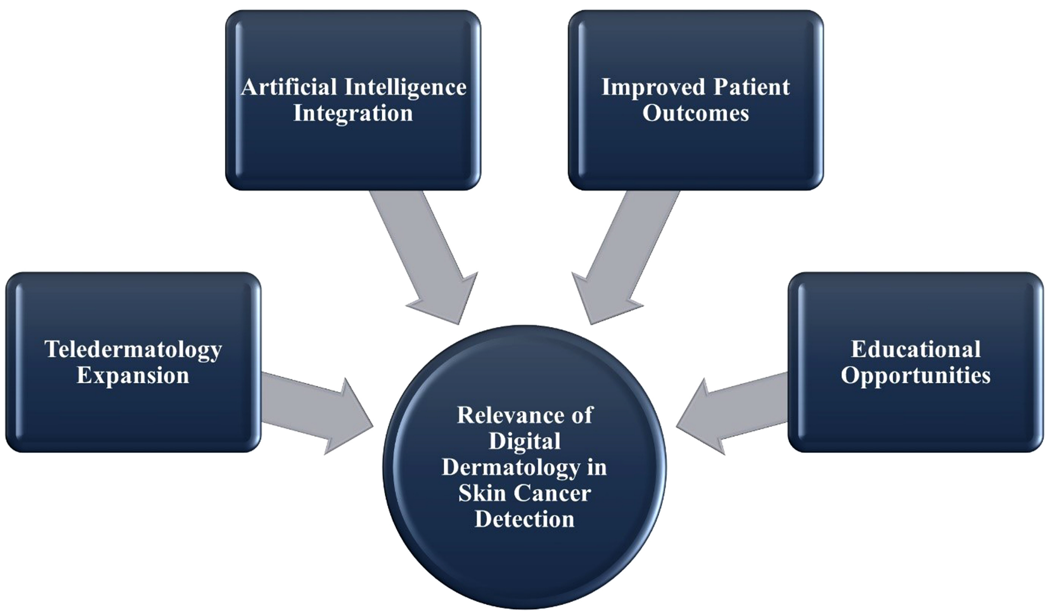

Fig. (1). Relevance of digital dermatology in skin cancer detection.

CHAPTER 7

Machine Learning Algorithms for Dermatopathology Analysis

Akanksha Sharma[1], **Ashish Verma**[2], **Sunita**[1], **Akhil Sharma**[1], **Shivkanya Fuloria**[3] and **Shaweta Sharma**[4,*]

[1] *R. J. College of Pharmacy, Raipur, Uttar Pradesh - 202165, India*

[2] *Mangalmay Pharmacy College, Greater Noida, Uttar Pradesh-201306, India*

[3] *Faculty of Pharmacy, AIMST University, Semeling Campus, Bedong - 08100, Kedah, Malaysia*

[4] *School of Medical and Allied Sciences, Galgotias University, Uttar Pradesh-201310, India*

Abstract: Dermatopathology is a sub-specialty of dermatology that involves microscopic examination of skin biopsy information for clinical diagnosis. While knowledge of disease and skill in diagnosis have improved with advances in technology and science, the amount of clinical information and the quality of biopsy specimens remains a challenge. Typically, the specimens are biopsied, and the analyses are pathologic, serving a supportive or confirming role in the diagnostic algorithm. Automation and artificial intelligence in dermatopathology provide lower human mistakes, higher efficiency and productivity, improved traceability, uptake of digital pathology, and cost savings. Machine learning algorithms essentially fall into three categories: supervised learning algorithms, unsupervised learning algorithms, and semi-supervised learning algorithms. Regression algorithms discover the connection between target output variables and input features to predict output for new instances. In dermatology, AI can be used to detect skin cancer, especially melanoma. AI models can then accurately learn all the patterns and features that are indicative of malignancy from a large dataset of labelled skin lesion images. However, the implementation of such systems utilising artificial intelligence is wholly dependent on the availability of high-quality and diverse training data. By applying advanced neural architectures to clinical, dermoscopic secretions, or histopathological features, AI models may stratify patients with melanoma into high- and low-risk cohorts and tailor management and surveillance accordingly. Image preprocessing is a crucial step in the dermatopathology pipeline to guarantee high image quality and uniformity. One of the most important strategies in dermatopathology is data augmentation, which expands the data without further image acquisition. We can also include advanced augmentation techniques that can vary skin lesions with rotation, flipping and scaling. Annotation and labelling are needed for crafting a machine learning model, but they are impossible to avoid, as they

* **Corresponding author Shaweta Sharma:** School of Medical and Allied Sciences, Galgotias University, Uttar Pradesh-201310, India; E-mail: shawetasharma@galgotiasuniversity.edu.in

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provide such models with the essential nature of the image. Techniques, as you might have seen, oversampling or undersampling the dataset, are pretty useful because we want our model to have enough exposure to less frequent cases present in a balanced dataset to ensure the models that we build are robust ones. Statistical approaches involving cross-validation and hyperparameter tuning can be used to estimate the skill of machine learning models. There are many evaluation metrics based on which your machine learning models are trained, such as accuracy, precision, recall, F1 score, ROC-AUC, *etc*., which are all short to better understand your ML models.

Keywords: Clinical practice integration, Convolutional neural networks (CNNs), Dermatopathology, Machine learning, Predictive analytics, Random forests, Support vector machines (SVMs).

INTRODUCTION

Dermatopathology is an increasingly rising sub-specialty of dermatology. This subspecialty of dermatology and pathology is directed at the linking of clinical data and microscopic findings of skin biopsies to supply diagnostic information to the doctor who is caring for the patient.

It evolved to find not just very novel qualities but plenty of considerable ground over its development. Diagnostic ability and an understanding of the pathogenesis of these disorders have been tremendously enhanced with the development of new techniques for their study, such as electron and immunofluorescence microscopy and immunohistochemistry. While scientific and technological progress has been made, the plenty of biopsy specimens and the clinical information linked with them remain a significant challenge for dermatopathologists in their work as a diagnostician. Like dermatology, dermatopathology is a discipline best learned by observing hundreds of cases and histopathology slides, in addition to conceptually understanding the disease process [1, 2].

Pathologic examination of the biopsy material is often at least an ancillary or confirming part of the diagnosis. Until recently, the diagnosis of disease by histopathology depended on the examination of hematoxylin and eosin (H&E)-stained slides with the help of some histochemical stains. However, there are many methodologies based on immunohistochemistry and molecular biology that will aid in the identification of infections. H&E-stained slides mostly diagnose dermatological inflammatory diseases. On the other hand, infectious diseases are diagnosed through the use of histochemical stains. Immunohistochemistry, an ancillary method in histopathological diagnosis, is a highly valuable instrument. Nonetheless, the traditional perspective gained over many years is that dermatopathology involves both macroscopic and microscopic skin pathology and that even dermatoscopic analysis is an integral part of the pathologic diagnosis [3, 4].

One of the most dynamic fields of dermatology in terms of diagnostic tools and techniques is a perfect example of the continued quest for precision in studying and treating skin diseases. The ability of dermatologists and dermatopathologists to diagnose skin disorders has undergone great advancements over the lifespan of their careers, from visual inspection to the use of advanced microscopy and molecular analysis. In this rapidly evolving technological landscape, large language models (LLMs), which are a kind of artificial intelligence that is widely used for text recognition and generation, are emerging as powerful aids for improving diagnostic sensitivity and accuracy [5]. AI is commonly used for text identification and generation. Deep learning and artificial intelligence flatten the details of skin-based pathology with the performance of algorithms trained on data to reproduce and produce human-similar text for a new paradigm shift in dermatopathology. They are rapidly transforming the landscape of clinical pathology itself, including dermatopathology (DP, the histopathological diagnosis of skin diseases), as we explored in this chapter. This is achieved through the historical development of diagnostic modalities in this niche, as well as an overview of the benefits of implementation of LLM in dermatopathology and opisthosoma cases of this technology in practice. Further, challenges to the deployment of this technology are reviewed to contextualise the applicability of its potential use cases [6, 7].

BENEFITS OF AUTOMATION IN DERMATOPATHOLOGY

Automation in dermatopathology offers several advantages that can improve patient outcomes and streamline laboratory processes, as shown in Fig. (**1**).

Reduced Human Errors

Automated systems reduce the possibility of human errors in sample preparation and staining, for instance. It can result in more precise and consistent outcomes, eliminating under- or over-diagnosing [8].

Automation enables laboratories to process their samples faster and more efficiently, leading to shorter turnaround times and increased throughput. In high-amount environments, analysis of this sort can take time and require many human resources [9]. Thus, this is especially useful.

CHAPTER 8

Enhancing Skin Cancer Detection with Transfer Learning and Deep Learning

Shaweta Sharma[1], **Akanksha Sharma**[2], **Ashish Verma**[3], **Neeraj Kumar Fuloria**[4] and **Akhil Sharma**[2,*]

[1] *School of Medical and Allied Sciences, Galgotias University, Uttar Pradesh-201310, India*

[2] *R. J. College of Pharmacy, Raipur, Uttar Pradesh - 202165, India*

[3] *Mangalmay Pharmacy College, Greater Noida, Uttar Pradesh-201306, India*

[4] *Department of Pharmaceutical Chemistry, Faculty of Pharmacy, AIMST University, Semeling Campus, Bedong - 08100, Malaysia*

Abstract: Skin cancers have become one of the most common malignancies globally and a healthcare burden that creates a diagnosis difficulty due to their wide nature. Early and accurate detection is crucial for patient outcomes, yet conventional methods largely depend on subjective clinical judgment. The recent progress of artificial intelligence (AI), especially deep learning (DL) and transfer learning (TL), gives potential tools for improving the ability to detect skin cancer. DL Algorithms such as CNN and TL for a better diagnosis by using pre-trained models are discussed in this chapter, tackling several prominent issues like small annotated datasets and heterogeneity in dermoscopic images. TL addresses common bottlenecks in medical image analysis, such as limited availability of annotated datasets and high required annotation cost, by permitting a model to be trained using smaller-size domain-specific datasets, therefore offering a much more profitable approach. We outline the standing of AI-assisted systems in clinical workflows, examine the performance of the DL model in dermatological skin cancer detection, and discuss the possibility of this technology in enhancing human dermatological competence. This chapter highlights future research directions such as hybrid models, multimodal data integration, and AI's ethical arrangement in healthcare. Our work focuses on utilizing DL and TL to improve the early detection of skin cancer, which will help to lay the groundwork for more personalized and effective treatment options.

Keywords: Convolutional Neural Networks (CNN), Dermatology AI, Deep Learning, Image Classification, Medical Imaging, Skin Cancer Detection, Transfer Learning.

* **Corresponding author Akhil Sharma:** R. J. College of Pharmacy, Raipur, Uttar Pradesh - 202165, India;
E-mail: xs2akhil@gmail,.com

INTRODUCTION

Skin cancer is one of the most prevalent cancers of this decade. Skin is the body's most important organ; however, in human pathology, skin cancer is the most common type of cancer. Skin cancer is most commonly classified into two types: melanoma and nonmelanoma [1]. Melanoma is a rare and deadly type of skin cancer. According to the American Cancer Society, melanoma skin cancer only represents 1% of all occurrences, but it has a higher percentage of fatalities. Melanoma originates in the cells known as melanocytes, and it all starts with typical melanocytes that begin to grow profoundly and become a malignant tumor [2]. It can affect any human tissue. It often appears on sun-exposed areas like the hands, face, neck, lips, *etc*. However, if they are not detected early enough, these tumor entities metastasize to other parts of the body, leading to an agonizing death of the patient. Melanoma skin cancer can present in different types, such as lentigo maligna, acral lentiginous, nodular melanoma, and superficial spreading melanoma. Nonmelanoma types encompass most cancer cases, such as basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and sebaceous gland carcinoma (SGC). BCC, SGC, and SCC arise from the middle and upper layers of the epidermis, respectively. They are less likely to spread to other parts of the body. Compared to melanoma cancers, nonmelanoma cancers are easier to treat [3, 4].

Importance of Early Skin Cancer Detection

There are many reasons why early skin cancer detection is important, with the first and foremost reason being treating patients, their treatment options, and the burden on the healthcare system. Melanoma, basal cell carcinoma (BCC), and squamous cell carcinoma (SCC) are the three most common forms of skin cancer worldwide, and skin cancer is among the most common cancer types. Skin cancer is very treatable, and the chances of a full recovery are greatly improved if it is caught early on [5, 6]. Some important early-detection vitals are shown in Fig. (**1**).

Improved Survival Rates

Skin cancers such as melanoma are also highly curable when detected early. On the other hand, localized melanoma has a 5-year survival rate of nearly 99%, and this drastically changes when metastases to regional lymph nodes or distal organs follow it. Since the treatment is early when detected early and there is no chance of metastasis, treatment becomes very easy [7, 8].

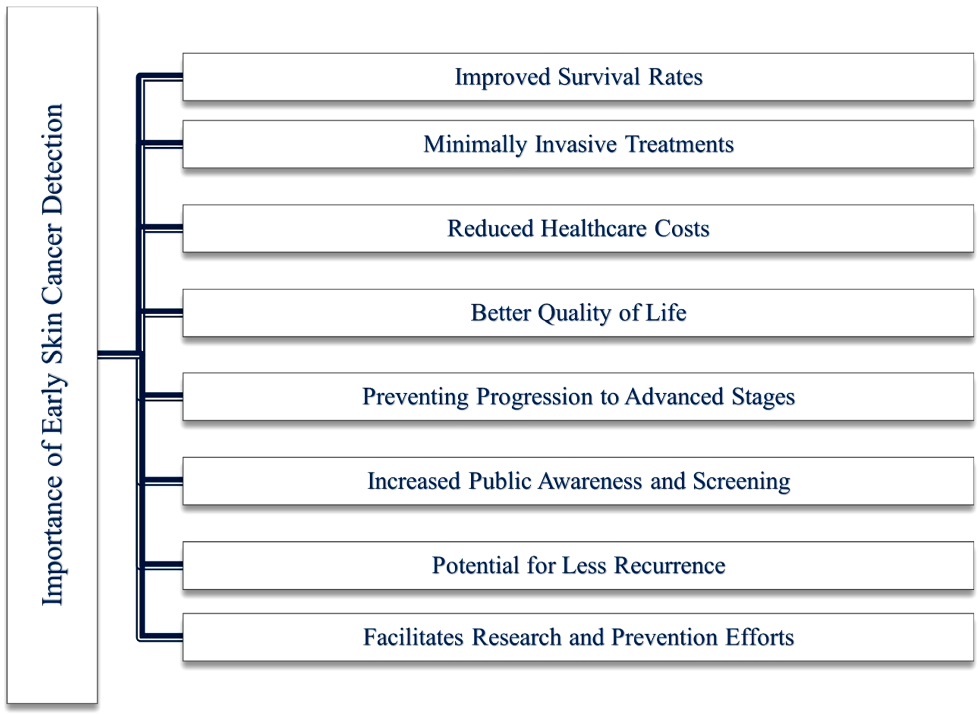

Fig. (1). Importance of early skin cancer detection.

Minimally Invasive Treatments

However, if the skin cancer is diagnosed early, treatment options may be as minor as agent excision or localized therapy. These approaches are frequently successful (compared to chemotherapy or radiation, which also come with serious side effects and a slower recovery time [9].

Reduced Healthcare Costs

Costs of healthcare can be minimized with early detection and treatment. Higher stages of cancer deadlines prescribe rather intricate and expensive treatments, extending internments and care and raising the stretch on sufferers and medical care hardware [10, 11].

Better Quality of Life

An early diagnosis reduces the physical and psychological load on the patients. Patients with early-stage skin cancer do far better than those with advanced disease, and many treatment options are less disfiguring and cause few

CHAPTER 9

Wearable Devices for Personalized UV Exposure Monitoring

Akhil Sharma[1], **Shaweta Sharma**[2], **Akanksha Sharma**[1], **Shilpa Thukral**[3] and **Sunita**[1,*]

[1] *R. J. College of Pharmacy, Raipur, Uttar Pradesh - 202165, India*

[2] *School of Medical and Allied Sciences, Galgotias University, Uttar Pradesh-201310, India*

[3] *Dnyan Ganga College of Pharmacy, Thane, Maharashtra-400615, India*

Abstract: Neglecting proper measures of sun protection, it is understandable why the rates of skin cancer and premature aging of the skin are rising at a rapid rate. Wearable UV monitoring devices, therefore, play a vital role in providing individual, real-time quantification of ultraviolet (UV) exposure. This chapter discusses the properties of UV radiation as they relate to skin health, including different types of UV radiation (UVA, UVB, and UVC) and how they affect the skin. It highlights how accessorizing personalized UV exposure tracking can reduce both short-term damage and long-term health impact. It also summarizes diverse types of wearable UV monitoring devices, including those in the form of wristbands (UV-tracking), patches (UV-detecting), smart clothing, and smartwatches, which use unique sensors and technologies to sense and respond to UV exposure. The chapter ends by discussing the benefits of these approaches, specifically their function in increasing awareness of UV exposure and healthier skin behaviors, as well as a progression toward personalized dermatological care. The combination of immediate and long-term skin health objectives with wearable UV monitors is a meaningful advancement in clinical medicine.

Keywords: Monitoring, Radiation, Skin cancer, Skin health, Wearable.

INTRODUCTION

The growing knowledge about the adverse effects of ultraviolet (UV) radiation on skin health has sparked research into wearable devices dedicated to personalized UV exposure monitoring [1]. Real-time monitoring is critical for everyone, particularly those who are more sensitive or susceptible to skin disorders (for example, sunburn, photoaging, and skin cancer), as excessive UV exposure is one

* **Corresponding author Sunita:** R. J. College of Pharmacy, Raipur, Uttar Pradesh-202165, India; E-mail: ssunitaathakur@gmail.com

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of the most important risk factors [2]. Although more research is needed, portable UV monitoring devices allow consumers to wear them continuously during daily affairs, such as walking outside through sunny patches and back inside over a day, so they can monitor it as necessary in order to decide when or if they should use sun protection. They usually have built-in sensors that allow them to detect the UV radiation levels in their surroundings and connect with mobile applications that give individualized feedback based on skin type, geographic location, and weather conditions, among other factors [3]. Wearable UV monitoring devices encourage healthier sun behavior and long-term skin health by notifying the user with immediate alerts and cumulative exposure information. Incorporating technology such as this into daily routines indicates a breakthrough in taking the next preventative steps with skincare and individualizing protection approaches [4].

Importance of Skin Health

Maintaining skin health is a significant aspect of well-being, not just from an aesthetic perspective but as the first line of defense and an important organ that regulates the immune response in the body. Skin is the largest organ in the body, a protective barrier that protects from bacteria, chemicals, and UV (ultraviolet) radiation. In addition to this barrier function, the skin is also important in thermoregulation and preventing dehydration, as well as contributing to the synthesis of essential nutrients such as vitamin D [5]. Thus, healthy skin is a prerequisite for maintaining these features, and skin health is considered an important part of preventive health care [6].

One of the most important functions for skin health is its ability to protect against dangerous ultraviolet (UV) rays. Acute damage occurs due to sustained exposure to UV rays (most notably UVB and UVA), resulting in skin conditions like sunburn. At the same time, prolonged effects include photoaging, hyperpigmentation, and more severe skin cancer [7]. The increased prevalence of skin cancers such as melanoma and non-melanoma (*e.g*., basal cell carcinoma, squamous cell carcinoma) associated with UV exposure has become a public health issue [8]. Consequently, shielding against excessive sun exposure is key to reducing the risk of these conditions. Moderate interaction with sunlight is required for the production of vitamin D, which helps maintain bone health and support immune function, but there should be a fine line when it comes to sun exposure. Overexposure to UV consistently causes the structure of the skin to lose its integrity from broken-down collagen and elastin fibers, increasing the aging process and the chances of developing cancer [9].

In addition to adverse effects from UV radiation, skin health is defined by an interplay of genetics, nutrition, lifestyle habits, and environment. Maintaining a good skincare routine (cleansing, moisturizing, sun protection) is the best way to keep the skin barrier function intact and prevent skin conditions related to that, such as dry skin, eczema, or acne [10]. Antioxidant-rich food protects skin mechanisms involved in skin regeneration and inflammation that contribute to premature aging of the skin [10]. Vitamins have efficient properties on anti-oxidative damage to suppress and improve cell signaling pathways and regulate inflammatory reactions as well as tissue repair, which further delay the process of aging. Essential fatty acids mainly exert their effect by triggering membrane-protein-turning-over processes because hydration is equally as important in keeping the skin hydrated so that it does not suffer from dry and irritation issues that can reduce its power to protect itself [11].

Besides the barrier functions, the skin is also a major sensory organ. It consists of a system of intricate nerves that enable us to feel temperature, pressure, and pain, which are essential for providing cues for safe interaction with our surroundings. When skin health is compromised due to conditions like dermatitis, psoriasis, or wounds, it affects the way in which these sensory functions work. It ultimately has an impact on quality of life [12]. Skin is a mirror of internal health, externally showing signs of dehydration, malnutrition, and some diseases through changes in skin appearance, texture, or color that are most documented [13].

Need for Personalized UV Exposure Monitoring

As the dangers of over-exposure to ultraviolet (UV) radiation become more widely acknowledged, there is an increasing demand for personalized monitoring of UV exposure. UV radiation from the sun is required for humans to synthesize vitamin D, but too much of it can cause several negative health effects, especially damage to the skin. This includes immediate effects such as sunburn and chronic problems, including photoaging and skin cancer [14]. Because there are big differences in how people react to UV damage (due to skin type, lifestyle choice, and location, for example), a basic sun protection approach simply does not help everyone. They also give us personalized insights and practical UV protection guidance according to the differences between individuals, and personalized UV exposure monitoring can address them more effectively [15].

Different skin types also react differently to the sun rays; skin types will change as per individual. Skin types are categorized using the Fitzpatrick scale, whereby Type I corresponds to very fair skin that burns easily to Type VI, dark skin that rarely burns [16]. Fair-skinned people have less melanin, which protects them by absorbing and dissipating solar ultraviolet radiation, making them more

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Akhil Sharma

Dr. Akhil Sharma, M.Pharm., Ph.D., is currently serving as Professor and Principal at R.J. College of Pharmacy, Raipur, Aligarh, Uttar Pradesh, India. He earned his Ph.D. in 2016 from Teerthanker Mahaveer University, Moradabad, Uttar Pradesh. With over 15 years of experience in the field of pharmacy, Dr. Sharma has published numerous articles in peer-reviewed national and international journals.

Shaweta Sharma

Dr. Shaweta Sharma, M.Pharm., Ph.D., is a Professor at Galgotias University, Greater Noida, India. She obtained her Ph.D. in 2017 from Teerthanker Mahaveer University, Moradabad, Uttar Pradesh. With more than 15 years of academic experience, she has contributed extensively to the field and published research articles in peer-reviewed national and international journals.

Shivkanya Fuloria

Dr. Shivkanya Fuloria, Ph.D., is a Senior Associate Professor in the Department of Pharmaceutical Chemistry, Faculty of Pharmacy, AIMST University, Kedah Darul Aman, Malaysia. With over 20 years of experience spanning academia, research, and industry, she holds degrees in B.Pharm., M.Pharm., Ph.D. in Pharmacy, and a PDCTM.

Her research contributions include 3 MOOCs, 5 books, 11 book chapters, 14 patents, and 166 research papers. She has supervised 1 Ph.D., 5 M.Pharm., 2 M.Sc., and 27 B.Pharm. students and participated in 87 conferences, trainings, webinars, and seminars. She has also been honored with six awards for her outstanding contributions to the field.

Sudhir Kumar

Dr. Sudhir Kumar is a distinguished pharmaceutical scientist with over 17 years of teaching and research experience. He currently serves as Dean and Professor at the Faculty of Pharmaceutical Sciences, DAV University, Jalandhar, India.

He earned his Ph.D. in Pharmaceutics from UIPS, Panjab University, Chandigarh, with research focused on nano drug delivery systems for skin cancer. A recipient of the ICMR Senior Research Fellowship, he has also been awarded ICMR and DBT International Travel Grants to present his research globally. His research interests include nanotechnology-based drug delivery, topical formulations, and dermatological therapeutics, with several publications in leading international journals.