

Melanoma Fast Facts

What is Skin Cancer?

The abnormal growth of skin cells. It most often develops in areas of the skin that is exposed to the sun.



There are 3 types of skin cancer: Basal Cell, Squamous Cell, and Melanoma.

Melanoma Facts ✓

- It is the deadliest form of skin cancer
- The most rapidly increasing type of cancer in the United States
- Can occur anywhere on the body
- Very preventable and very treatable if caught early
- If it isn't caught early, the survival rates decrease significantly

How serious is it?



One person in the US dies every hour from melanoma.

Is the second most common cancer for ages 15-29 and the **MOST** common cancer for ages 25-29.



Risk Factors

- Overexposure to the sun
- Any blistering sunburns under the age of 20
- Use of tanning beds, even one time
- Having 50 or more normal moles
- Having light eyes, freckles, red or blond hair



Sunscreen Tips



- Use SPF 30 or higher
- Use at least one ounce to cover your body
- Apply 15-20 minutes before going out in the sun
- Re-apply every 2 hours or after swimming or sweating
- Use every day, even when it's cloudy

Protect Your Skin

Apply sunscreen every day



Wear hats and sunglasses

Wear UV Protective Clothing



Don't use tanning beds

Seek shade when possible



Find out your Melanoma IQ

We recommend you go to a dermatologist for an annual skin cancer check, but because melanoma is most likely curable when caught early, regular self examination is very important. If you know what to look for, recognizing melanoma early can be easier. If you find a mole that has any of the characteristics described below, have your skin checked by a doctor.

The ABCDE's of Melanoma

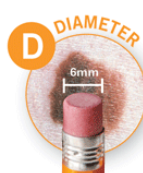
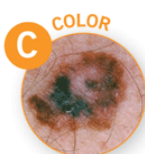
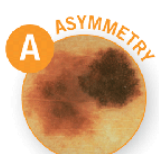
Asymmetry: One half of a mole or birthmark does not match the other half.

Border: The edges are irregular, ragged, notched, or blurred.

Color: The color is not the same all over and may include different shades of brown or black, or sometimes have patches of pink, red, white, or blue.

Diameter: The spot is larger than 6 mm (about 1/4 inch, roughly the size of a pencil eraser), although melanomas can sometimes be smaller.

Evolution: The mole is changing in size, shape, or color.



Source: American Academy of Dermatology

