**WHAT YOU SHOULD KNOW**

Melanoma is a potentially deadly type of skin cancer. Less common than either basal cell or squamous cell skin cancers, *melanoma* is more dangerous because it’s more likely to spread, making treatment challenging.

**WHAT MELANOMA LOOKS LIKE**

Only 20 to 30% of melanomas are found in existing moles while 70 to 80% arise on apparently normal skin. Look for one or more of the following ABCDE characteristics:

- **Asymmetry.** One half does not match the other half.
- **Border** is irregular. The mole’s edges are ragged, notched or blurred.
- **Color** is uneven. Mole may appear shades of black, brown, tan, red, gray, white, pink or blue.
- **Diameter** is larger than 6 millimeters (mm) or $\frac{1}{4}$ inch, about the size of a pencil eraser. Any sudden or continued increase in size is of special concern.
- **Evolving.** The mole or lesion is changing in size, shape or color.

**RISK FACTORS**

- **Fair complexion**, including skin that freckles and burns easily; blue, green or light-colored eyes; and red or blond hair
- **History of significant sun exposure** from spending a lot of time in the sun, working outdoors, sunbathing, or living (or once lived) in an area with intense sunlight.
- **History of severe, blistering sunburns**, especially as a child or teen.
- **History of indoor tanning**, even if only a few times.
- **Personal or family history** of melanoma
- **Moles** that are numerous, large, or unusual looking
- **Weakened immune system**
WHY ROSWELL PARK?

- **Multidisciplinary care** by a team of melanoma specialists – dermatologists and surgical, medical and radiation oncologists who work together – all under one roof.
- **Mohs surgery** by experienced surgeons to delicately remove melanoma cells while preserving healthy tissue.
- **Latest treatment options** – immunotherapies, targeted drugs and clinical trials – unavailable from other providers.
- **Plastic & reconstructive surgeons** onsite to restore appearance and function of important skin structures.

PRACTICE SUN SAFETY

A healthy tan is a myth. Any tan is a sign that skin cells are damaged and this damage is what leads to skin cancers, eyelid cancers and premature skin aging and wrinkling.

- **Avoid tanning**, outdoors as well as tanning beds, booths and sunlamps.
- **Apply sunscreen daily** at least 30 minutes before sun exposure and on cloudy days, too.
- **Seek shade** during the sun’s most intense hours between 11 am and 3 pm.
- **Use a broad spectrum (UVA/UVB) sunscreen** with SPF of at least 30. Choose a water-resistant formula and reapply every two hours, and more frequently after swimming or sweating.
- **Cover up** with protective clothing including a broad-brimmed hat.
- **Shade your eyes** with sunglasses that filter UV rays.

1 in 58 people will develop melanoma at some time during their life.