



ROSWELL PARK COMPREHENSIVE CANCER CENTER

MELANOMA *Info Sheet*



Some common medications increase skin's susceptibility to UV damage.



When melanoma is found and treated early, the 5-year survival rate can be

98-100%



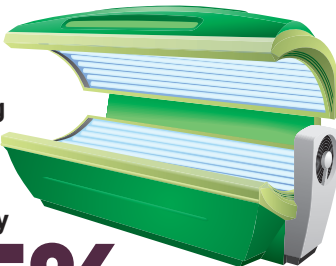
More than

112,000

new melanoma cases are expected in the U.S. this year.

Indoor tanning before age 35 raises the risk of melanoma by

75%



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 ¼ 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.

Also, watch for "ugly duckling" lesions – spots that look different from other moles or are new, changing, bleeding, painful or not healing.

Melanoma can occur in people of all skin tones, including on the palms, soles, nails and moist tissue that lines your gastrointestinal, respiratory and urogenital and urinary tract.

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 working outdoors, sunbathing, or living (or once living) 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.**

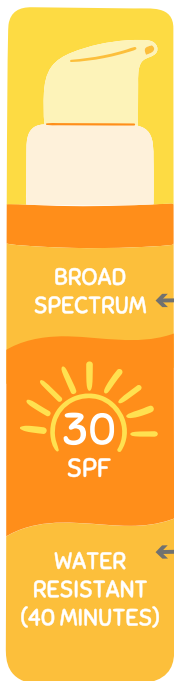


ROSWELL PARK
COMPREHENSIVE CANCER CENTER

1-800-ROSWELL (1-800-767-9355) | RoswellPark.org

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.
- ✓ **Specialized skin surgeries**, including Mohs surgery to remove melanoma and preserve appearance.
- ✓ **Latest treatment options** – immunotherapies, targeted drugs and clinical trials.
- ✓ **Plastic & reconstructive surgeons** onsite to restore appearance and function of important skin structures.



The American Academy of Dermatology recommends choosing a sunscreen that states the following on the label:

BROAD SPECTRUM

This means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause skin cancer.

SPF 30 OR HIGHER

This indicates how well a sunscreen protects you from sunburn.

WATER RESISTANT

While sunscreens can be "water resistant" (for 40 minutes) or "very water resistant" (for 80 minutes), sunscreens are not waterproof or sweatproof and need to be reapplied.

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 with tanning beds, booths and sunlamps.
- ✓ **Apply sunscreen daily** 15-30 minutes before sun exposure. Reapply every two hours after swimming or sweating.
- ✓ **Seek shade** when sun's rays are strongest, from 10 am to 2 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.

MEET THE TEAM

Dermatology

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1 in 45
people in the
U.S. will develop
melanoma at
some time in
their life.