

ALL YOU NEED TO KNOW ABOUT MELANOMA

Eagle View Community Health System

Melanoma Facts

- Melanoma is the most serious form of skin cancer.
- It is not the most common, but causes the most deaths of all skin cancers.
- It is a malignant tumor that originates in the cells that produce the skin pigment melanin, which provides your skin with the “tan” look.
- If detected early it is almost 100% curable.
- One in every ten diagnosed patients with melanoma have at least one family member with a history of melanoma.

How to Protect Yourself From Melanoma

- Always wear sunscreen when outdoors with an SPF of at least 15.
- Avoid the sun between the hours of 10 am and 4 pm.
- Wear protective clothing and a broad-brimmed hat while in the sun.
- Examine your skin regularly for changes in moles or the appearance of new moles.
- Visit your dermatologist yearly for a skin exam.

Checking for Melanoma

- Examine your skin once a month, paying close attention to moles on your body.
- Make sure your moles have smooth borders, with no jagged edges or lumps.
- If you drew a line down the middle of the mole, would both sides be equal in size?
- Examine the diameter of your mole. Most melanomas are larger than normal moles; if the mole is larger than an eraser on a pencil, schedule and appointment with your dermatologist.
- Pay attention to the color of your moles. Melanoma often results in multiple colors appearing in one mole while a healthy mole is one color.
- If you notice any changes in your moles or skin lesions schedule an appointment with your dermatologist immediately. If the size is different, colors are multiple, border is irregular, itching or bleeding occurs, don't hesitate to seek medical advice.