

SKIN (Melanoma) CANCER: What You Need to Know



Where Do I Find Help?

- American Cancer Society [Skin Cancer Information](#)
- Skin Cancer Foundation [A-B-C-D-Es of Melanoma](#)
- National Cancer Institute [Skin Cancer Information](#)
- Michigan Dept. of Health and Human Services www.michigan.gov/cancer

Fact:

People who get a lot of UV ray exposure from either the sun or tanning lamps and beds are at greatest risk for skin cancer, including melanoma – the deadliest form of skin cancer.

Source: American Cancer Society, *What is ultraviolet (UV) radiation?*

Additional Facts

Estimated 2015 Melanoma Cases and Deaths in Michigan:

New cases: 2,630

Deaths: 300

Source: [American Cancer Society Cancer Facts and Figures 2015](#)

What Is Skin Cancer?

Skin cancer is a growth of cells on your skin that is not normal. These cells can grow rapidly and become cancerous. It is important to check your skin on a regular basis and have any changes looked at by a doctor right away.



What Causes Skin Cancer?

Some things can increase your chance, or risk, of getting skin cancer:

- ✓ Most skin cancers are caused by ultraviolet (UV) rays from the sun.
- ✓ Another source of UV rays is indoor tanning beds.
- ✓ Sunburns at any age may increase your risk of skin cancer.

What Can I Do To Lower My Chances Of Getting Skin Cancer?

- ✓ Seek the shade, especially between 10AM-4PM when the sun is the strongest.
- ✓ Spend less time in direct sunlight and avoid using indoor tanning beds.
- ✓ Cover up with clothing – choose long sleeves and pants when possible, as well as hats, and sunglasses.
- ✓ Use sunscreen on your skin with a sun protection factor or SPF of 15 or higher. Reapply sunscreen every two hours and after swimming, sweating, and toweling off.

How Do I Find Skin Cancer Early?

- ✓ The best way to detect skin cancer early is to recognize changes in skin growths or the appearance of new growths. Skin cancers can show up in a variety of shapes and sizes.
- ✓ Check your skin every month. You should know the pattern of moles, blemishes, freckles and other marks on your skin so you will notice any new moles or changes in existing moles. Know the A-B-C-D-Es of melanoma.
- ✓ Be sure to show your doctor any changes or new spots on your skin, sores that do not heal, and growths that change or look different from the rest of your moles.

Call Your Doctor If You Have any Signs or Symptoms

- ✓ A new spot on the skin or a spot that is changing in size, shape, or color.
- ✓ A spot that looks different from all of the other spots on your skin.
- ✓ A sore that does not heal.