

IT'S A FACT!

FACTS ABOUT
MELANOMA FROM
THE MELANOMA
RESEARCH
FOUNDATION

- Skin cancer is the most common form of cancer in the United States.
- Melanoma is the most deadly form of skin cancer.
- Melanoma is one of the fastest growing cancers in the United States and worldwide.
- Every hour a person dies from melanoma.
- Melanoma can develop anywhere on the body, including eyes, scalp, hands and feet.
- Melanoma is most common in men over the age of 50, more common than colon, prostate, and lung cancer.¹
- In all persons ages 15–29, melanoma is the second most common cancer.²
- Today 1 in 60 people will develop melanoma. There will be 62,480 new cases of invasive melanoma this year and 8,420 people will die from melanoma.³
- Melanoma can affect anyone, no matter their age, sex, or race.
- The majority of melanoma is caused by exposure to UV light and sunlight.
- Just *one* blistering sunburn can double a person's chance of developing melanoma later in life.⁴
- Exposure to tanning beds before age 35 increases a person's risk of developing melanoma by 75%, and occasional use of tanning beds can triple their chance.⁵
- Unlike all other cancers, melanoma is visible on the skin, making it easier to detect in the early stages.
- Most melanoma is curable in the early stages with an over 90% survival rate.
- The best way to prevent skin cancer is to protect yourself from the sun:
 - Seek shade.
 - Cover up with clothing, a wide-brimmed hat, and sunglasses.
 - Avoid excessive sun exposure, especially between the hours of 10 am – 4 pm.
 - Apply sunscreen with a sun-protective factor (SPF) of 15 or higher with both UVA and UVB protection. Reapply every two hours, even if it's cloudy, and after swimming or sweating.
 - Examine your skin often and take note of any changing or new moles.

There is an urgent need to improve the diagnosis and treatment of melanoma.

REFERENCES

¹National Cancer Institute, 2007 SEER Database.

²Cancer Epidemiology in Older Adolescents & Young Adults. SEER AYA Monograph, pages 53-57, 2007.

³World Health Organization, Solar ultraviolet radiation: Global burden of disease from solar ultraviolet radiation. Environmental Burden of Disease Series, N.13.2006.

⁴Mayo Clinic 2006.

⁵IARC. The association of use of sunbeds with cutaneous malignant melanoma and other skin cancers. A systematic review. *International Journal of Cancer*. 2007:120-1116-1122.