

Skin Cancer Early Detection



Oregon has one of the nation's highest incidence rates of melanoma. The War on Melanoma aims to bring science, technology and public health outreach together with patients, families and care providers with the goal of reducing deaths from melanoma.

Q. Could this funny spot on my arm be skin cancer?

A. Most of us have some odd-looking but very normal and unharmed spots and dots on our skin, especially as we age.

To help you compare, OHSU has an education page with pictures and information about normal and abnormal skin issues at www.waronmelanoma.org. If something looks concerning, talk to your provider. If you want to watch for growth or changes, OHSU has a free, downloadable app available on iPhone called Mole Mapper to help you. Also, there is more than one type of skin cancer. Melanoma, for example, is less common than other skin cancers, but it's an aggressive and deadly one. You cannot wait and see with a melanoma. That could be a life-threatening decision. Skin cancers can appear anywhere on the body, even sneaky places like between the toes or behind the ears. We encourage people to periodically just look themselves over and enlist the help of a partner or provider.

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Learn about melanoma, risk factors, warning signs, self-exams, and more!

WWW.WARONMELANOMA.ORG

- Find education and information about melanoma and other skin cancers
- Learn about research and opportunities to participate
- Find resources like the MoleMapper iPhone app for keeping track of changes in your moles
- Join the effort to spread the word and fight melanoma