Some questions you may have

Q. Why can’t I just check myself for melanomas?
A. Doctors are more likely to correctly identify early-stage melanomas. It is important to have a full-body visual inspection by a trained health care provider in addition to self-assessment.⁴

Q. Why does my doctor need to check my entire body?
A. Melanomas are typically found in areas that can be challenging to see on your own body.⁴

Q. How often should I be screened?
A. It is generally recommended that people with a high risk of melanoma get a screen at least annually.⁴

Q. Will this hurt?
A. No, this will only be a visual inspection.³

Q. Where can I find more information on melanoma?
A. The Skin Cancer Foundation
https://www.skincancer.org/
Centers for Disease Control and Prevention
https://www.cdc.gov/cancer/skin/index.htm
NIH National Cancer Institute
https://www.cancer.gov/types/skin
American Academy of Dermatology
https://www.aad.org/public/diseases/skin-cancer/melanoma

Before and during your examination

Before your examination:
• Please remove your clothing and place it on a chair
• Please put on the exam gown provided for you

Please remember that⁵:
• It is OK to leave your undergarments on
• It is OK to ask for an examination by a same-gendered physician
• It is OK to tell us if you become uncomfortable
• It is OK to ask questions!

References:
Understanding melanoma

Melanomas are a type of skin cancer caused by sun, tanning, or other damage that can spread to different parts of the body (metastasize). Melanomas can be fatal.¹

Melanoma cases are on the rise²

<table>
<thead>
<tr>
<th>Year</th>
<th>New Melanoma Cases / 100,000 people</th>
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</thead>
<tbody>
<tr>
<td>1970</td>
<td>0</td>
</tr>
<tr>
<td>1980</td>
<td>5</td>
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<td>1990</td>
<td>10</td>
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<td>15</td>
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<tr>
<td>2010</td>
<td>20</td>
</tr>
<tr>
<td>2020</td>
<td>25</td>
</tr>
</tbody>
</table>

Early detection is key!
Early detection of melanoma is better.²,³

Early Stage 99% of patients whose melanoma is caught before it spreads will survive at least 5 years.²,³

Metastatic 25% of patients whose melanoma is caught after it spreads will survive at least 5 years.²,³

Your doctor can help catch melanoma early through a full-body screen.⁴

It might be a melanoma if...
It falls into 1 of the ABCDEs³

A: It is asymmetrical or if one half looks different than the other half
B: It has an irregular border
C: Its color is variable
D: Its diameter is larger than a pencil eraser (6 mm)
E: Its appearance evolves or changes over time

Or it might be a melanoma if it is an ugly duckling³

A mole that looks different from the moles near it — an ugly duckling — may be a melanoma.

Melanoma can have many different appearances

Risk factors and location

Some things can increase your risk of getting a melanoma, including:

- Previous severe sunburns
- Previous use of tanning beds
- Multiple (>100) skin moles
- Personal history of skin cancer
- Family history of melanoma