

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: 1. Gershenwald J et al. Melanoma staging: evidence-based changes in the American Joint Committee on Cancer eighth edition cancer staging manual. <https://onlinelibrary.wiley.com/doi/full/10.3322/caac.21409>. Accessed October 17, 2019. 2. SEER statistics. <https://seer.cancer.gov/statfacts/html/melan.html>. Accessed October 17, 2019. 3. Agency for Healthcare Research and Quality. Evidence Synthesis Number 137; 2016. 4. Johnson M et al. Skin cancer screening: recommendations for data-driven screening guidelines and a review of the US Preventative Services Task Force Controversy. *Melanoma Management*. 2017;4(1):13-37. 5. Houston N et al. Patient preferences during skin cancer screening examination. *JAMA Dermatology*. 2016;152(9):1052-1054.



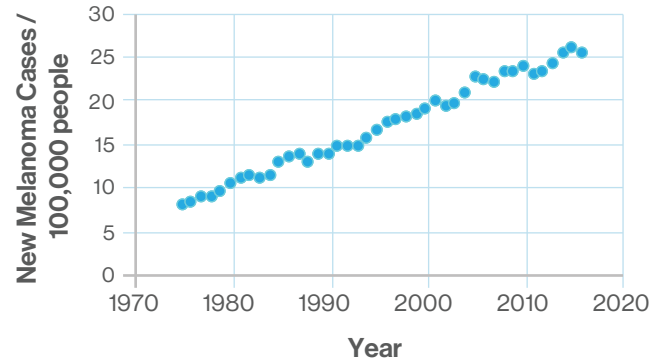
Finding Melanomas: Your Guide to Full-Body Screening



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



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