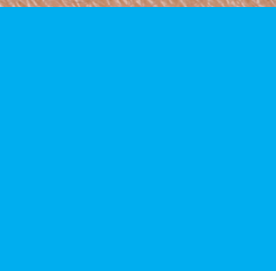


MAKE YOUR  
**MARK**  
AGAINST MELANOMA



**KNOW YOUR  
MOLES**



#mark**against**melanoma



**DURING THIS MELANOMA  
AWARENESS MONTH,  
DON'T FORGET TO...**

- ✓ **CHECK** your knowledge about melanoma and educate those around you
- ✓ **CHECK** your skin for changes
- ✓ **GET** an appointment with a dermatologist no matter your age or your skin color

## ? What is melanoma?

Melanoma is a **type of cancer that develops in skin cells (melanocytes) which produce melanin** — the pigment that gives the skin its color.<sup>1,2</sup>

When those cells start to grow out of control, then we speak about melanoma.<sup>1,2</sup>



Melanoma is **one of the easiest cancers to detect** because it usually appears on visible areas of your body, such as face, neck...<sup>3</sup>

While melanoma is less common than other skin cancers, it is more dangerous. If undetected and not treated early, it is more likely to grow and spread quickly to other parts of the body.<sup>2</sup>



Any delay in melanoma diagnosis and treatment presents additional risks of cancer progressing from being curable to incurable.<sup>4</sup>

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2. American Cancer Society. What Is Melanoma Skin Cancer? Available at: <https://www.cancer.org/cancer/melanoma-skin-cancer/about/what-is-melanoma.html>. Accessed March 2022.

3. American Academy of Dermatology Association. Skin cancer: How do I know I have skin cancer? Available at: <https://www.aad.org/public/diseases/skin-cancer/find-know-how#:~:text=Skin%20cancer%20is%20actually%20one,skin%20cancer%20to%20develop%20there>. Accessed March 2022

4. Gualdi G et al. The Effect of the COVID-19 Lockdown on Melanoma Diagnosis in Italy. Clin Dermatol ; 39(5): 911-919, 2021.

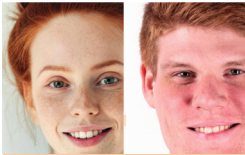


## Are all skin types at risk of developing melanoma?

Melanoma is more commonly seen among light-skinned populations, partly due to decreased photoprotection from reduced melanin.<sup>1</sup>

However, melanoma can occur in all populations whatever their skin color.<sup>1,2</sup> Among populations diagnosed with melanoma, darker-skinned populations are less likely to develop melanoma, but more likely to die from this curable disease partly due to late diagnosis.<sup>2,3</sup>

PALE WHITE SKIN



Type I

WHITE SKIN



Type II

LIGHT BROWN SKIN



Type III

## What is your skin phototype?<sup>4</sup>

MODERATE BROWN SKIN



Type IV

DARK BROWN SKIN



Type V

DEEPLY PIGMENTED DARK BROWN TO BLACK SKIN



Type VI



## Any impact from age and gender?



Overall, melanoma is more common in men.<sup>5</sup>

Worldwide, melanoma is also diagnosed later in men than in women, and therefore they are more likely to die from melanoma than women.<sup>6,7</sup>



While melanoma

incidence is lower among

people under the age of 40 years,

it is one of the most common

cancers diagnosed among

adolescents and young adults.<sup>1</sup>



1. Matthews N.H et al. Epidemiology of melanoma. In: Cutaneous melanoma: etiology and therapy. Ward W.H and Farna J.M. Editors 2017

2. Culp MB et al. Melanoma Among Non-Hispanic Black Americans. Prev Chronic Dis 2019;16:180640

3. Gupta A.K. et al. Skin Cancer Concerns in People of Color: Risk Factors and Prevention Asian Pac J Cancer Prev. 2016; 17(12): 5257–5264

4. Australian Radiation and Protection and Nuclear Safety Agency. Fitzpatrick skin phototype. Available here: [https://www.arpsa.gov.au/sites/default/files/legacy/pubs/RadiationProtection/FitzpatrickSkinType.pdf?acsf\\_files\\_redirect](https://www.arpsa.gov.au/sites/default/files/legacy/pubs/RadiationProtection/FitzpatrickSkinType.pdf?acsf_files_redirect). Accessed March 2021.

5. American Cancer Society. Key Statistics for Melanoma Skin Cancer. Available at: <https://www.cancer.org/cancer/melanoma-skin-cancer/about/key-statistics.html>

6. American Association of Dermatology. Disease and condition: Melanoma strikes men harder. Available at: <https://www.aad.org/public/diseases/skin-cancer/types/common/melanoma/men-50#:~:text=Men%20are%20more%20likely%20to,than%20women%20to%20develop%20melanoma>. Accessed March 2022

7. The Skin Care Network. Skin Cancer in Men. Available at: <https://www.skincarenetwork.co.uk/skin-cancer-treatment/men/> Accessed March 2022

# EARLY DETECTION CAN SAVE LIVES

## LEARN TO EXAMINE YOURSELF AND YOUR LOVED ONES

### ABCDEs of melanoma

Look out for new or changes to existing moles, spots or lesions with any of these signs<sup>1</sup>

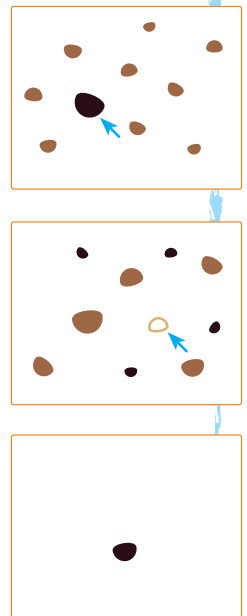
- A** **Asymmetrical** or irregular shape 
- B** **Borders** that are irregular and not even 
- C** **Colour**, the presence of more than one colour (e.g. blue, black, brown, tan etc.) or the uneven colour distribution 
- D** **Diameter** being greater than 6 millimetres (e.g. size of a pencil eraser), although melanomas can sometimes be smaller than this 
- E** **Evolution** or change in a mole (e.g. size, shape or colour) 

### The Ugly Duckling

Normal moles on your skin are considered to look like each other, while melanoma moles are irregular and known as ugly ducklings.

These ugly duckling moles can be larger, smaller, lighter, or darker, compared to surrounding moles. Also isolated moles (without others surrounding moles for comparisons) are considered as ugly ducklings.

Therefore, it is important to continuously check for any unusual or new moles that look different to those you have on your skin.<sup>2</sup>



**Check your skin once a month for early signs of melanoma and examine all areas, including your palms and soles, in between fingers and toes, scalp, ears, nails, and your back. If you identify at least one of the signs listed above or if you are concerned about changes to your skin, get it checked by a dermatologist.<sup>3,4</sup>**

1. American Academy of Dermatology Association. What to look for: ABCDEs of melanoma. Available at: <https://www.aad.org/public/diseases/skin-cancer/find/at-risk/abcdes>. Accessed March 2022.

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3. American Cancer Society. Can Melanoma Skin Cancer Be Found Early? Available at: <https://www.cancer.org/cancer/melanoma-skin-cancer/detection-diagnosis-staging/detection.html#:~:text=Melanoma%20can%20often%20be%20found,that%20anyone%20can%20get%20melanoma>. Accessed March 2022.

4. Mayo Clinic. Melanoma Symptoms. Available at: <https://www.mayoclinic.org/diseases-conditions/skin-cancer/symptoms-causes/syc-20377605#:~:text=Overview,squamous%20cell%20carcinoma%20and%20melanoma>. Accessed March 2022.



Melanoma is a serious skin disease,  
but when detected early,  
it can be cured.

Observe your skin and protect yourself!

MAKE YOUR  
MARK  
AGAINST MELANOMA

**Take an appointment with your dermatologist today  
& get your skin checked!**

Learn the secrets to read your skin  
and detect melanoma

