

# Melanoma & Me

IN THE HISPANIC COMMUNITY

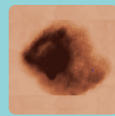
## WHAT IS MELANOMA?

Melanoma is the most serious form of skin cancer that occurs when normal pigment cells in the skin transform into abnormal cells due to rapid growth.

## ABCDE OF MELANOMA

Melanoma may have more than one feature:

**A**symmetry



Irregular shape

**B**order



Irregular border

**C**olor



Multiple colors

**D**iameter



>6 mm in diameter

**E**volving



Change in size, shape, or color

The number of new cases of melanoma in the Hispanic population has increased by 20% in the last 20 years.



## ANYONE

can get skin cancer, regardless of skin color.



1 in 5 Americans develop skin cancer in their lifetime.

## RISK FACTORS OF MELANOMA

- Family history of melanoma
- UV radiation from sunlight and tanning beds
- Having many/abnormal moles
- Weak immune system
- History of 3 or more blistering sunburns before 20 years of age



Malignant melanoma among Hispanic/Latinx populations has a higher mortality rate.

**WHEN DIAGNOSED WITH MELANOMA, HISPANICS ARE MORE LIKELY TO:**

- Be younger
- Have thicker tumors
- Have melanoma that has spread to other parts of the body

# MELANOMA & ME IN THE HISPANIC COMMUNITY

## HOW CAN I PREVENT MELANOMA?

- Apply sunscreen and reapply every 2 hours
- Wear protective clothing
- Seek shade from 10 am to 2 pm
- Avoid tanning beds
- Use extra caution near snow and water



## CHOOSE SUNSCREEN THAT SAYS:

### **Broad Spectrum**

to protect against UV rays.

### **SPF 30 or higher**

to protect against sunburn.

### **Water-resistant**

for up to 40 or 80 minutes.

## MELANOMA SELF EXAMINATION

To detect melanoma (skin cancer) early, check your skin regularly for new, suspicious spots with these tips:



Examine body front and back in the mirror, especially legs

Bend elbows, look carefully at forearms, back of upper arms, and palms

Look at feet spaces especially between toes and soles

Examine back of neck and scalp with a hand mirror, part hair and lift

Finally, check back and buttocks with a hand mirror

In Hispanic communities, melanoma is most commonly seen in the trunk, hips, and lower extremities (from the thighs to the toes).

## Examples of irregular spots (atypical moles):



Look for moles that appear different from other moles (ugly ducklings); if you notice any irregular spots or changes in your skin, see a board-certified dermatologist.



For more information...

### **Contact**

EVMS Dermatology  
Clinica Esperanza at  
757.403.2474

### **Visit**

[www.aad.org/media/stat-s-melanoma](http://www.aad.org/media/stat-s-melanoma)

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