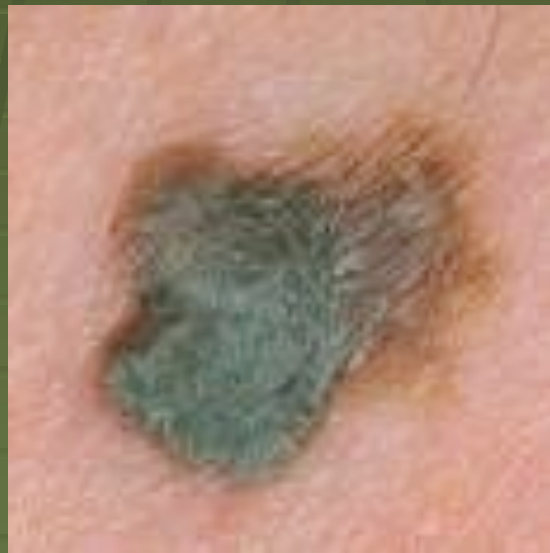


Melanoma

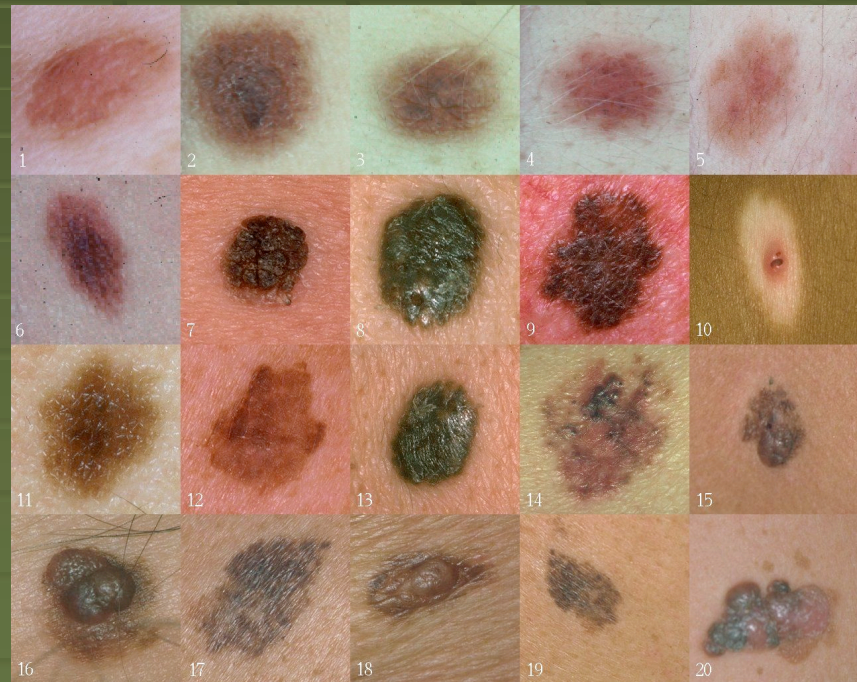


Objectives

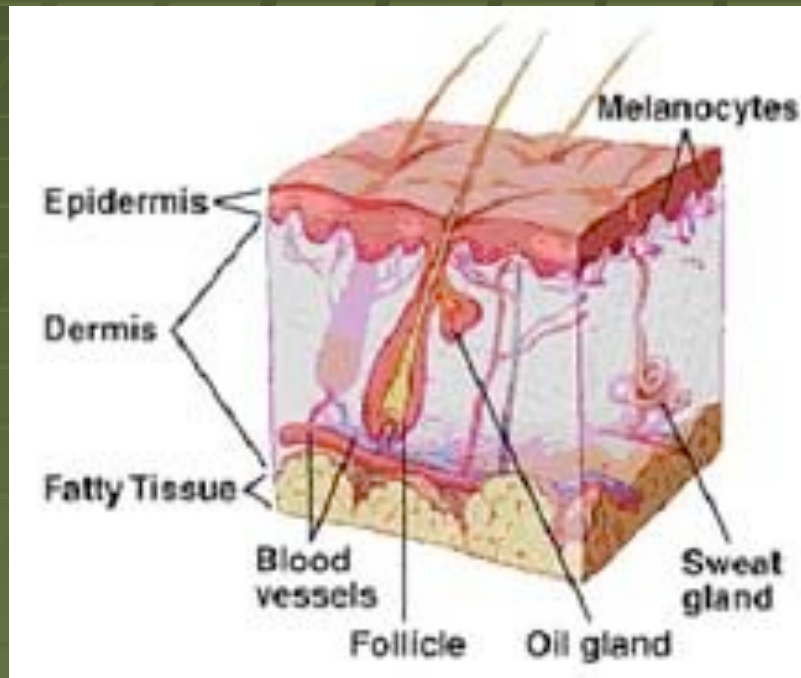
- Students should be able to identify the cause of melanoma
- Students should be able to identify 3 risk factors for melanoma
- Students should be able to identify how to distinguish melanoma from a regular mole
- Students should be able to list 3 ways to prevent melanoma

Definition

- Melanoma is the most serious form of skin cancer. It affects the melanocytes in the skin which make melanin. Melanin gives the skin color and helps protect the body from UV radiation.



Cause



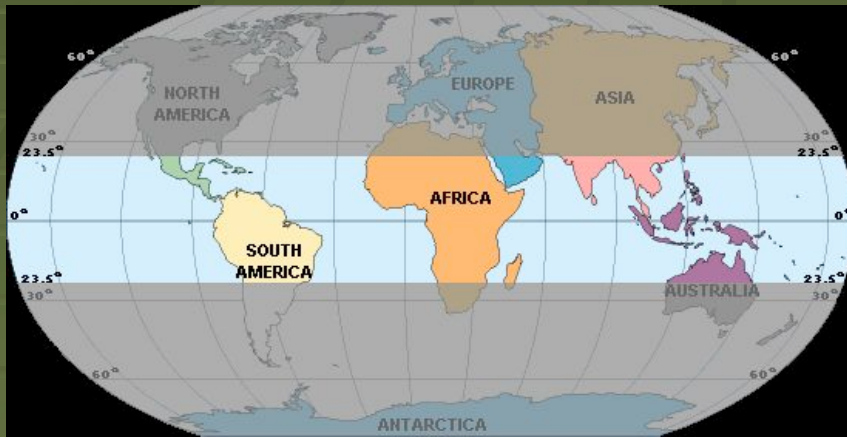
- When the skin is exposed to sunlight the melanocytes, produce melanin. When the skin is exposed to excessive sun light or UV Rays the melanocytes can grow abnormally and become cancerous.

Risk Factors

- The older you are the higher the risk of getting melanoma
- Spending time outside
- Dysplastic nevi (moles that are irregular in shape)
- Many moles
- Fair skin
- Personal history
- Family history
- Severe blistering sunburns



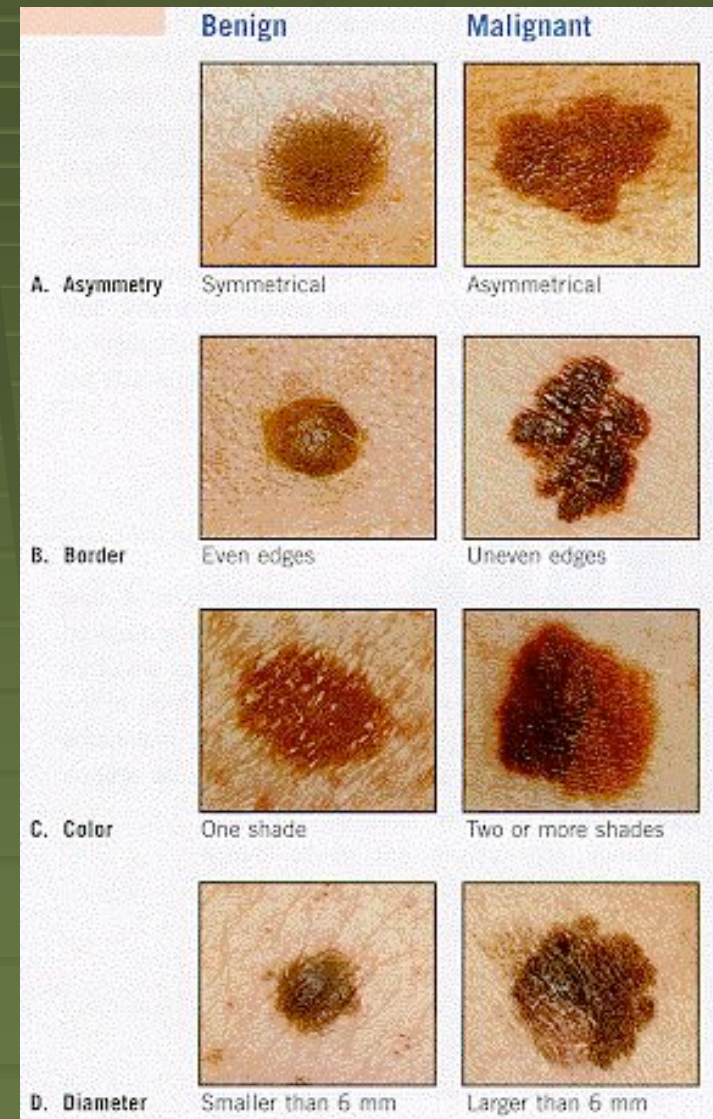
Risk Groups



- People who have weakened immune systems (people who have certain cancers, use drugs from organ transplants, or have HIV)
- People who live where there is increased exposure to UV radiation (example Texas has more incidents of melanomas than Michigan)

Symptoms

- The first symptom of a melanoma is a change in the size, shape, or color of a mole. It can also appear on the body as a new mole. In men the melanoma appears in the upper body between the shoulders and hips, or on the head or neck. In women the melanoma appears on the lower legs. These are the most common places for the melanoma to appear; however, melanomas can appear anywhere on the body



Treatment



- Surgery is always the first step to remove tumor and surrounding tissue.
- Surgery is the only treatment needed for small melanomas.
- Larger melanomas need immunotherapy, chemotherapy, or radiation therapy.
- If the melanoma has spread it can't be cured.

Prevention

- The best way to prevent melanoma is to reduce the time you spend in the sun. Also, doing a skin self exam every 6 to 8 weeks can help you find any signs of melanoma in its early stages. To help protect your skin from the harmful UV rays take these precautions:
- Avoid exposure to the sun during midday hours (between 10 a.m. and 4 p.m.)
- When outside wear long sleeves, long pants, and hat.
- Help protect your skin by using creams, lotions, or gels that contain sunscreen.
- Wear sunglasses. Sunglasses can help protect the eye and the skin around the eye.



Statistics



- Melanoma is one of the most common cancers in young adults
- Every year more than 50,00 people learn that they have melanoma
- Protecting against the sun the first 18 years of life can reduce the risk of melanoma by 78%.

Review

1. Every mole turns into melanoma T F
2. To prevent melanoma you should wear sunscreen. T F
3. The best time of day to go outside is during the mid hours of the day. T F
4. Melanoma is one of the leading cause of cancer in young adults. T F
5. Describe a mole that might be cancerous