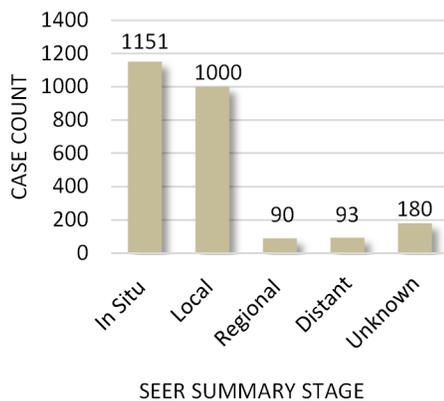


Symptoms⁶

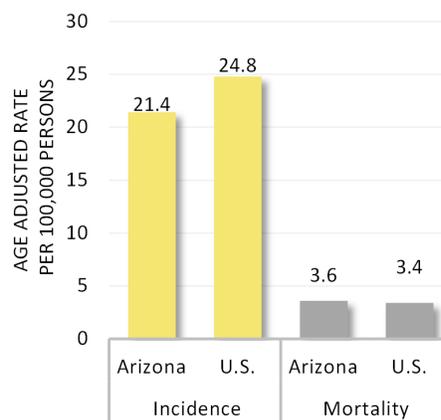
- Mole that changes in size, shape, or color.
- A spot that looks different from all of the other spots on your skin.
- Pigment spread from a spot border to surrounding skin.
- Redness or a new swelling beyond the border of a spot or a spot that contains patches of pink, red, white, or blue.
- For more information about signs & symptoms see the [American Academy of Dermatology website](http://www.americanacademyofdermatology.org).

Melanomas develop from melanocytes—cells that make the brown pigment in the skin. Most melanomas appear brown or black. Some melanomas don't create the brown pigment and appear pink, tan, or white.¹ In 2012, White Non-Hispanics comprised 97% of reported Arizona melanoma cases. However, melanoma can develop in a person of any race. In Arizona 1,363 invasive melanoma cases were reported in 2012. Melanoma was the 5th most common invasive cancer in males and the 6th most common invasive cancer in females in Arizona in 2012. Most cases were diagnosed as in situ (45.8%) or local (39.8%) stage in 2012. Only 7.3% of cases were in regional or distant stages.² In 2009-2011, Arizona's invasive melanoma incidence rate among White Non-Hispanics, based on cases reported to the Arizona Cancer Registry, was 15.9% lower than the U.S. rate. However, Arizona's melanoma mortality rate was marginally higher than the U.S. rate.^{2,3} A study of dermatologist's offices found that melanoma was under-reported to the Arizona Cancer Registry. However, gains in physician reporting has increased melanoma case counts by 45% from 2010 to 2012. When reviewing the rates presented below, the reader should keep in mind that Arizona incidence rates are most likely higher than shown.

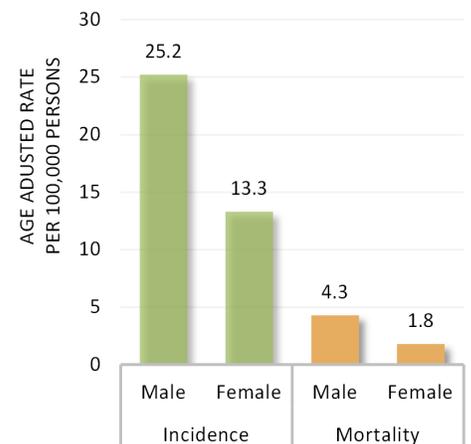
2012 Melanoma Case Count by SEER Summary Stage⁴ for Arizona Residents



2009-2011 Invasive Melanoma in White Non-Hispanics Age Adjusted Incidence & Mortality Rates Comparison of Arizona & U.S.^{2,3}



2012 Invasive Melanoma Age Adjusted Incidence & Mortality Rates by Gender for Arizona Residents²



Prevention⁵

- Avoid intentional tanning and tanning beds.
- Seek shade or use an umbrella when sun's rays are the strongest, 10 a.m. to 4 p.m.
- Wear protective clothing—long-sleeved shirt, pants, a wide-brimmed hat and sunglasses.
- Use a broad spectrum sunscreen (SPF) 30 or higher and (SPF) 15 higher lip balm.

Risk Factors⁶

- Ultraviolet (UV) radiation from the sun or tanning beds.
- People with 30 or more moles have a 10% higher lifetime melanoma risk.
- People with light hair, light eyes or who burn or freckle easily.
- Family history of melanoma, breast, or pancreatic cancer.
- Personal history of melanoma.
- Age - Melanoma is a leading cancer in adults ages 15 to 34 years. However, most melanoma occurs in older people.
- Gender - Men have a higher risk of melanoma overall. However, the risk is higher for women younger than 40 years of age.



Fact sheet is a coordinated effort of the Arizona Cancer Registry, SunWise Skin Cancer Prevention School Program, ADHS Cancer Prevention & Control Program, and the Melanoma Task Force.

1. <http://www.cancer.org/cancer/skincancer-melanoma/detailedguide/index> Retrieved June 21, 2013 2. Arizona Cancer Registry, 2015 3. United States Cancer Statistics: 1999 - 2011 Incidence, WONDER Online Database. United States Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; 2014. Accessed at <http://wonder.cdc.gov/cancer-v2011.html> on Jun 26, 2015 4. For more information on SEER Summary Stage See <http://seer.cancer.gov/tools/ssm/> 5. <http://www.skincancerprevention.org/skin-cancer/prevention-tips> retrieved June 21, 2013 6. <http://www.aad.org/media-resources/stats-and-facts/conditions/melanoma> retrieved June 18, 2013