



MIF
Melanoma
International
Foundation

Did You Know? Myth or Fact? Test Your Melanoma Knowledge!

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1. Melanoma is rare.

MYTH: For those born this year, 1 in 50 will develop melanoma over their lifetimes.

2. Melanoma costs about \$6 million to treat annually.

MYTH: The cost is estimated to be **\$800 million** and rising.

3. One out of three teens use tanning parlors.

FACT: And this may be the reason the rate of melanoma is rapidly rising in young women, and is the most common cancer in women age 20-29. Studies have shown the use of tanning parlors to be associated with increased melanoma incidence.

4. Don't worry about melanoma, it is "just" skin cancer.

MYTH: Melanoma takes the life of one person every hour.

5. There is no effective treatment for melanoma.

FACT: Although early diagnosis results in simple outpatient surgery that usually cures the disease, therapies for later stage melanoma are in experimental clinical trials only with varied results.

6. Slather on sunscreen lotion and you'll be safe in the sun.

MYTH: Sunscreen lotion needs to be used in conjunction with avoiding the prime solar hours of 10am - 4pm, seeking shade, and wearing protective clothing including a hat and sunglasses. Always apply sunscreen lotion frequently and heavily to exposed areas.

7. Doctors always screen their patients for melanoma.

MYTH: Although the easiest cancer to screen for, just requiring a look at the skin, melanoma is rarely looked for by primary care doctors. Remind your doctor to examine your skin.

8. Doctors always find melanomas in patients.

MYTH: You and I find our melanomas most often and women are the champion spotters. That is why skin self-examination should also be performed regularly.

9. Sunburn in childhood can add up to melanoma in adulthood

FACT: Less than one third of children are properly protected from the sun and 80% are sunburned at least once each summer.

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