

# Melanoma & Skin Cancer in Nevada - 2018

**790**

estimated new cases of melanoma in Nevada this year

**90**

estimated deaths from melanoma in Nevada this year

## There Are 3 Main Types of Skin Cancer

### Basal Cell and Squamous Cell Carcinoma

Not tracked in national statistics, these are the two most common types of skin cancer. They are caused by frequent sun exposure or indoor tanning.



### Melanoma

The deadliest form of skin cancer, melanoma often develops in a mole or suddenly appears as a dark spot on the skin, or in a fingernail or toenail.

## Quick Facts

Melanoma rates in the U.S. have doubled between 1982 and 2011, and continue to increase.

Melanoma is more common in:

- **men** than women
- **fair-skinned** people
- those who **tan indoors**
- those exposed to **too much UV radiation** from the sun
- **older people**, aged 55-74

Melanoma can:

- have a **genetic** link
- affect those with **darker skin**
- be diagnosed in people of **any age; it is the second most common cancer in females 15-29 years old.**

BUT



## The ABCDE's of Melanoma

Look for these warning signs in moles to help identify melanoma early:

**Asymmetry:** one half unlike the other

**Border:** irregular, scalloped, or poorly defined border

**Color:** varied, with different shades, sometimes white, red, or blue

**Diameter:** larger than 6mm, or a pencil eraser, but may be smaller

**Evolving:** a mole or skin lesion that looks different from the rest or is changing size, shape, or color

## Prevention - The 5 S's

Following the 5 S's of sun safety can help reduce the risk of skin cancer.



**SLIP** on sun protective clothing.

**SLOP** on broad spectrum SPF 30 sunscreen.

**SLAP** on a wide-brimmed hat.

**SEEK** shade or shelter, especially during peak sunlight hours.

**SLIDE** on UV protective sunglasses.



Learn more about sun safety from Nevada Cancer Coalition's Sun Smart Nevada program at [www.SunSmartNevada.org](http://www.SunSmartNevada.org)

Sources: American Cancer Society Cancer Statistics Center 2018; CDC; National Cancer Institute; NCI SEER Cancer Stat Facts; American Academy of Dermatology.

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