

# 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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