

Richard David Kann Melanoma Foundation

An Opportunity to Save Lives



Our Mission

To save lives through education about the prevention and early detection of skin cancer, especially melanoma.



Our Vision

To educate children throughout the County and give them the skills necessary to make healthy sun choices throughout their lives.



Facts

- Melanoma is the fastest growing cancer in the United States, the only cancer increasing in incidence, while all others are decreasing
- Melanoma is the most common form of cancer for young adults 25-29 years old
- Second most common form of cancer in **15**–29 years olds
- One person dies from melanoma every **50** minutes!
- One in fifty people will be at risk to get melanoma
- Florida is the state with the second highest incidence of melanoma
- If caught early, there is a 99% cure rate
- If late detected, there is a less than 15% cure rate
- Almost ALL skin cancer is caused by over exposure to the sun



Who Can Get Melanoma

Everyone!

While melanoma is more common in Caucasians, Asian and African American patients have a greater tendency to present with advanced disease at the time of diagnosis.

Some areas to take special notice of are: Palms, soles of the feet, eyes, mucous membranes and nail regions.



More Risk Factors

- If you have a family history of melanoma
- If you have a personal history of melanoma
- If you had one or more blistering sunburns before the age of 18
- Fair skin and eyes
- More than fifty moles on your body
- Immune suppression disease or organ transplant
- Frequently spend time in the sun between the hours of 10:00 am to 4:00 pm WITHOUT skin protection of at least SPF 30-50
- Use tanning beds!



The ABC's of Melanoma

Any change in a mole requires the attention of a Dermatologist. While, one should learn how to perform a self exam, every six to eight weeks, annual visits to a Dermatologist can be life-saving!

- **A**symmetry: When half of the mole or lesion does not match the other.
- **B**orders: Melanomas often have blurred, notched, ragged or uneven edges.
- **C**olors: Healthy moles are usually a single shade or color.
- **D**iameter: Moles that grow larger than a pencil eraser are a cause for concern.
- **E**volving in ANY WAY!



The ABCDE's of Melanoma

Every month, inspect your entire body for any skin changes and routinely visit your dermatologist for a complete skin examination. Early detection of melanoma can be lifesaving because this cancer may be curable in its early stages. Any irregularity in an existing or newly developed pigmented skin lesion could be a sign of melanoma and should be examined immediately by your dermatologist. These irregularities may include asymmetry, an uneven border, color variations, diameter of more than 6mm or evolving changes of the lesion.

- A**  **Asymmetry**
One half does not match the other half
- B**  **Border Irregularity**
The edges are notched or ragged
- C**  **Color**
Varied shades of tan, black and brown
- D**  **Diameter**
Greater than 6 millimeters
- E**  **Evolving**
Change in size, shape, or shade of color

How to inspect your skin



1

Examine your body front and back in the mirror, then right and left sides, arms raised.



2

Bend elbows and look carefully at forearms and upper arms and palms.



3

Look at the backs of legs and feet, spaces between toes and soles.



4

Examine back of neck and scalp with a hand mirror. Part hair for a closer look at scalp.



5

Finally, check back and buttocks with a hand mirror.

Images and content provided by the American Academy of Dermatology

SPOT THE SPOT
PROTECTION AND INSPECTION OF YOUR SKIN

DERMPATH
DIAGNOSTICS*

Richard David Kann
Melanoma
FOUNDATION



Children and Sun Safe Behavior

- Experts warn that more than one severe sunburn during the first 18 years of life can double the risk of skin cancer. Children get an average of 3 times more sun exposure than adults. Practice “sun safety” tips at all times.
- Don't let children outside without applying a broad spectrum (UVA and UVB) 30+ SPF sun screen/block and lip balm. Apply 30 minutes prior to any outdoor activity.
- Reapply 30+ SPF sun screen/block every 2-3 hours, especially if you go in the water or sweat.
- Try to stay out of the sun between the peak hours of 10:00 am and 4:00 pm.
- If you do choose to be outdoors during peak hours, wear a wide brimmed hat, sun screen/block on all exposed skin, sunglasses, and seek shade when possible.
- Keep babies 6 months or younger out of the sun. Daily sunscreen/block application is necessary after the age of 6 months.
- Sun safe clothing should be purchased to wear for all outdoor activities.



The Harmful Rays of the Sun

Sunlight contains three types of ultraviolet rays: UVA, UVB and UVC

1. UVA rays cause skin aging and wrinkling and contribute to melanoma.
2. UVB rays are also dangerous, causing sunburns, cataracts, and effects the immune system.
3. UVC rays are the most dangerous, but fortunately, these rays are blocked by the ozone layer and don't reach the earth. **This is why it is important to wear a broad spectrum sunscreen/block, to block all the damaging rays of the sun!**
4. You can get a sunburn even on a cloudy day! Up to 80% of the sun's rays can penetrate light clouds, mist and fog.
5. You can also receive a burn when you are swimming and skiing; water and snow are reflective, they actually intensify the harmful rays of the sun.



How to Get The Word Out!

- Encourage teachers, nurses and all healthcare professionals to utilize the free SunSmart™ America curriculum and resources from our Foundation.
- Be present at Health Fairs in your area.
- Have a Melanoma Booth at any “race” or other highly attended event.
- Talk to the Parent Associations at your school or religious affiliations.
- Have Middle and High School students start a S.A.M. Club (Students Against Melanoma).
- Make sure other health agencies in your community know you can speak about the prevention and early detection of melanoma.
- Have an event to raise awareness and funds to prevent melanoma.
- Teach children at the earliest age to practice sun safety techniques.
- Be a roll model and practice sun safety as a family and community!
- Show “16 Year Old Me” and post it on your social media accounts.



"Dear 16 Year Old Me"

Please click to view movie



For More Information

- Please visit our website: www.melanomafoundation.com for:
- Skin cancer links
- Free online education and resources
- Events
- Volunteer opportunities
- Kids activities
- How to start a S.A.M. (Students Against Melanoma) Group
- And more...

Call Executive Director, Lisa Richman at: 561-655-9655

