

ONE GOAL: DISCOVER THE CURE

A WORLD WITHOUT MELANOMA

MELANOMA RISK FACTORS

Ultraviolet (UV) Light Exposure

Risk of melanoma is heavily influenced by UV exposure. Too much UV radiation from the sun or tanning beds can damage the genetic material (the DNA) in your skin cells. If enough DNA damage builds up over time, it can cause cells to start growing out of control, which can lead to melanoma.

Moles

Most people have moles, and almost all moles are harmless. One important warning sign of melanoma is a new spot on the skin or a spot that is changing in size, shape, or color. Another important sign is a spot that looks different from all of the other spots on your skin (known as the ugly duckling sign). If you have one of these warning signs, have your skin checked by a doctor.

Fair Skin, Freckling, and Light hair

The risk of melanoma is much higher for those with lighter skin tones than for those with darker skin tones. People with red or blond hair, blue or green eyes, or fair skin that freckles or burns easily are at increased risk.

Family History of Melanoma

If there are three melanomas among your first-degree relatives (parents, brothers, sisters, or children) and second-degree relatives (grandparents, grandchildren, nieces and nephews), you are at a greater risk. Around 10% of all people with melanoma have a family history of the disease.

KNOW THE WARNING SIGNS:

www.AIMatMelanoma.org

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FOUNDATION