

Frequently Asked Questions

Can Indian and African people get Melanoma?

Yes. In 20 cases of Melanoma, 17 occur in light skinned Individuals, 2.5 in intermediate skins and 0.5 in dark skinned people. (Figures approximate).

Does cutting the melanoma out make it spread?

No. Often when it is cut out, it is already too late and the Melanoma has spread. That is why early diagnosis and treatment is the best option. Get your moles mapped annually! Remember - Melanoma may still occur at other sites on your body, once it has been excised from one site.

How do I detect bad signs early?

If you have moles, see a doctor at yearly intervals. If you have had Melanoma before, increase this frequency to every 6 months.

Most importantly – have your moles MAPPED, so that they can be compared and analysed.

What if I do nothing?

If a mole becomes malignant and nothing is done about it, the patient will most likely die in 3-6 months from Melanoma.

Test Your Knowledge!

Most Skin Cancer can be Treated

T F

All kinds of Skin Cancer have the same treatment

T F

Melanoma is the most dangerous type of skin cancer

T F

Sunscreen has been proven to decrease Melanoma

T F

Moles can develop into Melanoma

T F

Most Melanoma comes from existing moles

T F

People of African origin can get Melanoma

T F

Irregular spots are less dangerous than round ones

T F

A freckle is a kind of mole that sometimes causes Melanoma

T F

After excision, you only have to check the excision site for re-occurrence of Melanoma

T F

Answers: T F T F T F T F T F

The Melanoma Tsunami

A Hidden Wave Waiting to Strike...



Know Your Cancer!

*Don't Get Washed Away by
Your Melanoma Ignorance*

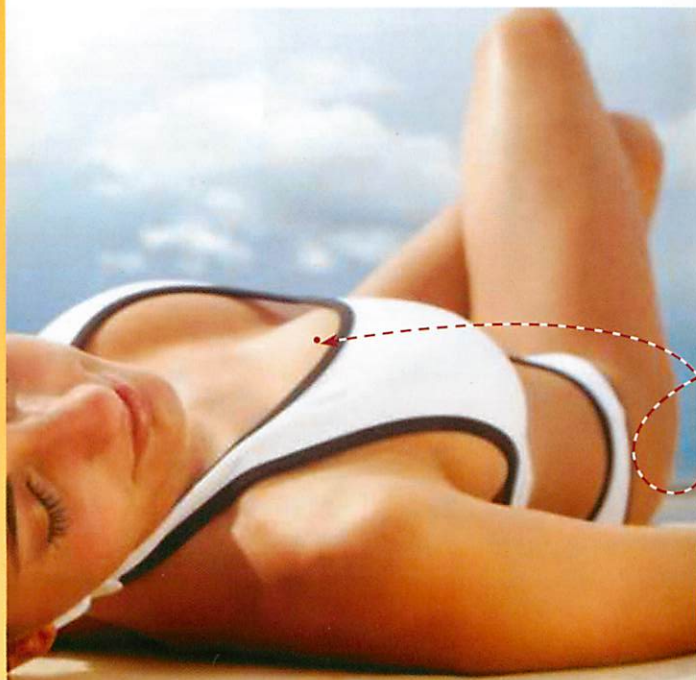


What is Melanoma?

Melanoma is the most dangerous kind of skin cancer. Untreated it may cause death in **3 months**. One third occur in existing moles, and two thirds occur in newly formed moles.

Who Gets It?

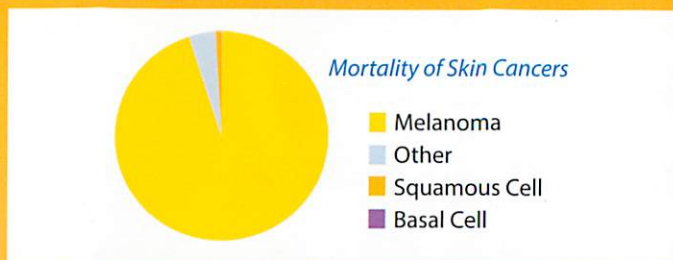
- Light skinned people who sunburn intermittently
- People who have moved from a cold environment to a sun drenched one after the age of 19 years
- People who have a history of peeling before the age of 19. **MAKE SURE YOUR CHILDREN WEAR SUN-SCREEN.**
- People who have had it before.
- People who have a relative who has had it



Melanoma is the most common cause of cancer deaths in men under 40, and second to Cervical Cancer in women.

Prevention

- In theory sunscreen should be a preventative. In practice this has never been proved.
- **DO NOT LET CHILDREN tan.**
- **DO NOT use Tanning Beds.**
- Beware of visits to Kariba on return from 3 years in Europe.
- Those who are seldom exposed to the sun are at greater risk when sporting activities expose them to the sun, (Intermittent sun exposure is most dangerous).



Prevention of Deaths

- Check your skin regularly.
- Learn to recognize dangerous moles from harmless ones.
- Almost any kind of change in your moles is a red flag.
- For more information, contact your GP



Dangerous Moles

Follow the ABCDE's of mole checking, and reduce the risk of developing Melanoma.

Asymmetry

An Asymmetrical shape is bad. Visit your GP immediately.



Border

A clear border is a sign of a low risk mole. If the borders of any of your moles are vague in any way, visit your GP immediately.



Colour

An even colour throughout a mole indicates that it is a low risk mole. If a mole's colouring is dark and irregular in any way, visit your GP immediately.



Diameter

The larger the mole the more dangerous. If a mole is over 5mm, get it checked. Visit your GP.



Evolution

Any change is a red flag. Photograph it with your iPhone or a high resolution camera and show your GP.



Remember: Skin Cancer Harms, but Melanoma KILLS!

Please see our Skin Cancer Brochure for more details...