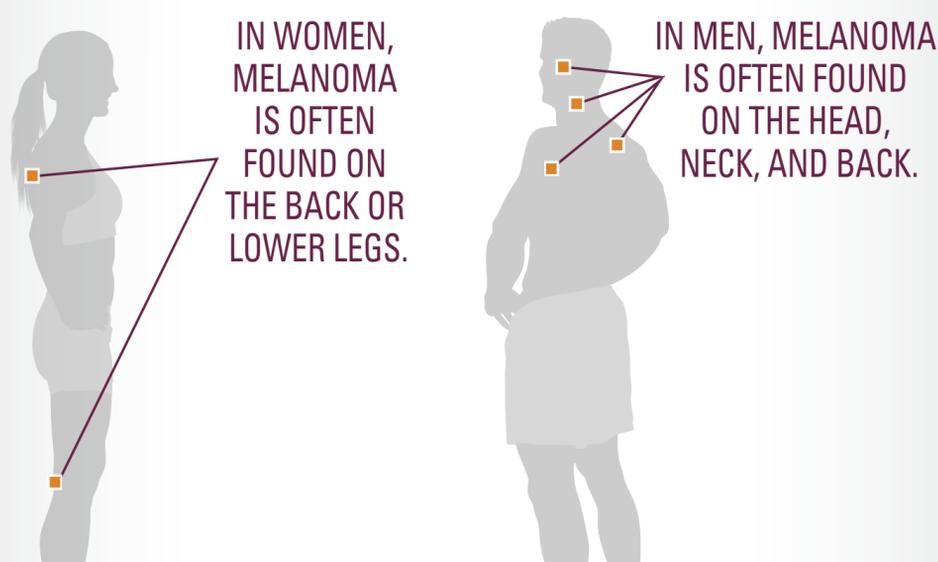


MELANOMA Facts

What is melanoma?¹

Melanoma is a very serious form of skin cancer. It is a cancer of melanocytes, which are cells that produce melanin, the pigment that is primarily responsible for skin colour. When skin is exposed to ultraviolet (UV) light, melanocytes produce melanin which causes the skin to tan or burn. Melanoma is a dangerous type of skin cancer because it can spread (metastasize) to other parts of the body through the blood and lymph vessels.



Melanoma is the **deadliest form of skin cancer** but because most cases are identified early, it represents only

1.4%
of all **cancer deaths**.²

Melanoma is **more common in men** than women in Canada:³



Overall, the probability that a **man** will develop melanoma in his lifetime is about **1 in 57** and **1 in 227** will die from it.



For a **woman**, the risk of developing melanoma is about **1 in 74** and **1 in 456** will die from it.

It is estimated that

6,800
new cases

of melanoma have been diagnosed in Canada in 2015:³



3,700 men have been **diagnosed** with melanoma and 750 **will die** from it.



3,100 women have been **diagnosed** with melanoma and 420 **will die** from it.



Overexposure to damaging **UV radiation** from the sun or tanning beds is the **#1 risk factor for melanoma**.¹

Melanoma risk factors include:²

- Exposure to UV radiation (sunlight, tanning beds, etc.)
- Fair skin
- Family history of skin cancer
- Having multiple moles
- Red hair



Prevention is key!

Easy steps for protection against UV radiation:⁴

- Seeking shade between 11:00 a.m. and 3:00 p.m.
- Wearing sun protective clothing
- Wearing a broad-brimmed hat and UVA/UVB sunglasses
- Applying SPF 30+ broad spectrum water resistant sunscreen generously
- Avoiding indoor tanning

References:

1. Melanoma Network of Canada, 2014. What is Melanoma? Available online: <https://www.melanomanetwork.ca/melanoma/> (Accessed November 2014)
2. Canadian Cancer Society's Advisory, Committee on Cancer Statistics. Canadian Cancer Statistics 2014. Toronto, ON: Canadian Cancer Society; 2014.
3. Canadian Cancer Society, 2016. Melanoma Statistics. Available online: <https://www.cancer.ca/en/cancer-information/cancer-type/skin-melanoma/statistics/?region=qc> (Accessed April 2016)
4. Melanoma Network of Canada, 2014. How to Prevent Melanoma. Available online: <https://www.melanomanetwork.ca/how-to-prevent-melanoma/> (Accessed November 2014)