Melanoma in Michigan

Updated April 2019

- Skin cancer is the most common type of cancer. Melanoma is a type of skin cancer. ¹
- Melanoma only accounts for 1% of new cases of skin cancers but causes the majority of skin cancer deaths. ¹
- In 2019, it is estimated that there will be 3,300 new cases of melanoma and 230 deaths from melanoma in Michigan. ²

Melanoma Trends and Disparities in Michigan

- The rate of new melanoma diagnoses have increased from 9 cases per 100,000 Michigan residents in 1985 to 20 cases per 100,000 residents in 2016. ³
- The risk of melanoma is much higher among White males and females compared to other races. ¹
- White males have a higher rate of new diagnoses and deaths (26 per 100,000 men and 3 per 100,000 men, respectively) compared to White females (19 per 100,000 women and 1 per 100,000 women respectively). ³

Melanoma Risk Factors: ¹

- Exposure to ultraviolet light (sunlight, tanning beds, and sun lamps)
- Irregular or large moles
- Fair skin, freckling, and light hair
- Family history of melanoma
- Personal history of other skin cancers
- Age
  - Risk increases with age
  - However, it is one of the most common cancers among people under 30
- Gender
  - Before 50, the risk is higher for women
  - After 50, the risk is higher for men.

New Cases of Melanoma in Michigan by Age and Gender, 2012-2016

Source: Michigan Cancer Surveillance Program (MCSP), Division of Vital Records and Health Statistics. Based on data released Apr 2019.
Early Detection of Melanoma

- **ABCDE Rule**: a guide to the signs of melanoma when checking for irregular spots on the skin:
  - A: Asymmetry (half of a spot does not match the other)
  - B: Border (edges are irregular)
  - C: Color (inconsistent)
  - D: Diameter (larger than 6 millimeter across)
  - E: Evolving (spot changes in size, shape or color).

- In Michigan, most melanomas are found at an early stage with 43% being found in situ and 45% being found at the localized stage.

- When melanoma is found at the localized stage the five-year survival rate is 98% for males and 99% for females in the U.S.

- Although melanoma is rare in the Black population, when it does occur, survival time tends to be shorter.
  - The five-year survival rate diagnosed at the localized stage is 87% for Black males and 84% for Black females (data not shown).

#### U.S. Five-Year Survival Rate for Melanoma by Stage and Gender, 2008-2014

<table>
<thead>
<tr>
<th>Stage</th>
<th>Localized</th>
<th>Regional</th>
<th>Distant</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Male</strong></td>
<td>98%</td>
<td>61%</td>
<td>21%</td>
</tr>
<tr>
<td><strong>Female</strong></td>
<td>99%</td>
<td>68%</td>
<td>26%</td>
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</tbody>
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Indoor Tanning

Approximately 35% of American adults have reported using a tanning bed in their lifetime. Over half of indoor tanners started tanning before age 21 and one-third started tanning before 18. Indoor tanning beds have been proven to cause cancer and are listed as a carcinogen. Young people who regularly use tanning beds are **eight times** more likely to develop melanoma than people who have never used them. Indoor tanning beds should not be used by minors or to obtain vitamin D.

References: