

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

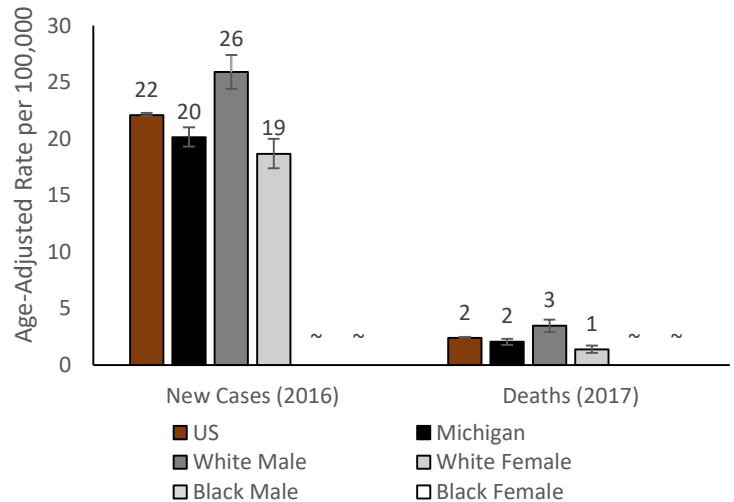
## Melanoma Trends and Disparities in Michigan

- 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. <sup>3</sup>
- The risk of melanoma is much higher among **White males and females** compared to other races. <sup>1</sup>
- **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). <sup>3</sup>

## Melanoma Risk Factors: <sup>1</sup>

- 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.

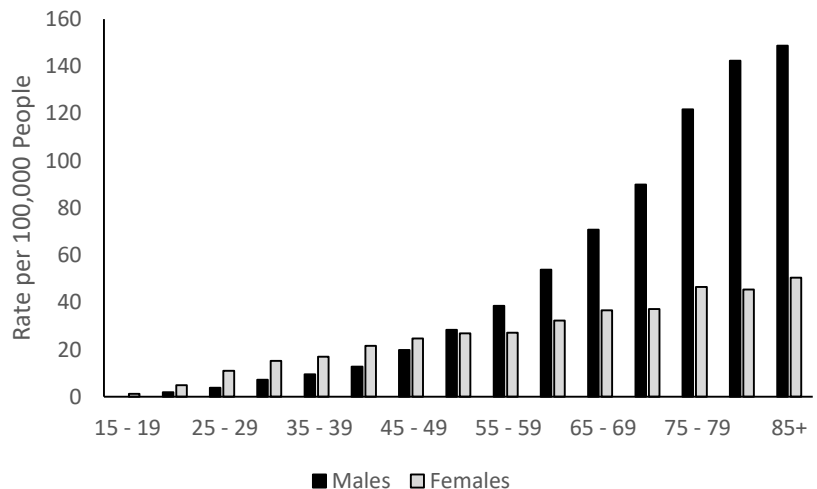
Melanoma New Diagnoses and Deaths in the U.S. and Michigan, 2016 and 2017



~ Data suppressed due to less than 20 cases

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

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

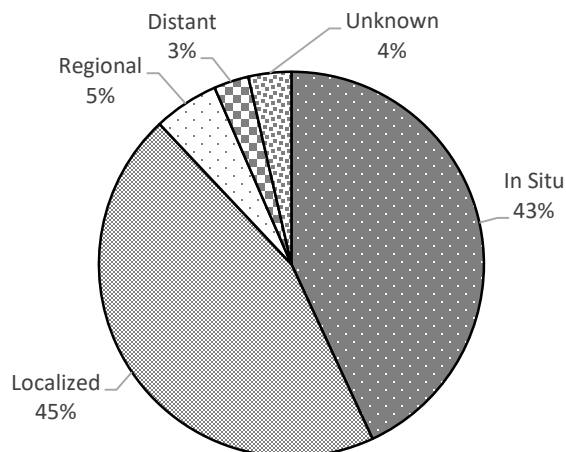


Source: Source: Michigan Cancer Surveillance Program (MCSP), Division of Vital Records and Health Statistics. Based on data released Apr 2019.

## Early Detection of Melanoma

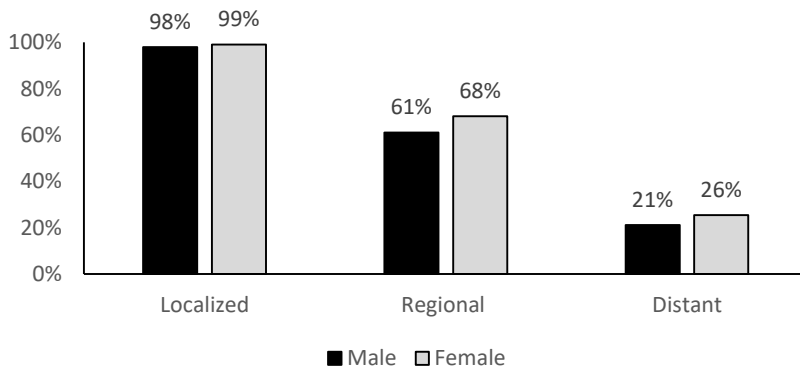
- **ABCDE Rule:** a guide to the signs of melanoma when checking for irregular spots on the skin: <sup>1</sup>
  - **A:** Asymmetry (half of a spot does not match the other)
  - **B:** Border (edges are irregular)
  - **C:** Color (inconsistent)
  - **D:** Diameter (larger than 6 millimeter across)
  - **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. <sup>3</sup>
- 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. <sup>4</sup>
- Although melanoma is rare in the Black population, when it does occur, survival time tends to be shorter. <sup>4</sup>
  - The five-year survival rate diagnosed at the localized stage is 87% for Black males and 84% for Black females (data not shown). <sup>4</sup>

## Stage at Diagnosis for Melanoma in Michigan, 2016



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

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



Source: Surveillance, Epidemiology, and End Results Program (SEER), 2008-2014, All Races, Females by SEER Summary Stage 2000. [www.seer.cancer.gov](http://www.seer.cancer.gov)

## Indoor Tanning <sup>5</sup>

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: 1) American Cancer Society. Melanoma. [Cancer.org/cancer/melanoma-skin-cancer](http://cancer.org/cancer/melanoma-skin-cancer). 2) American Cancer Society. Cancer Statistics Center: Michigan at a Glance 2019. Retrieved at: <http://cancerstatisticscenter.cancer.org/#/state/Michigan>. 3) Michigan Cancer Surveillance Program (MCSP). Melanoma Cancer Incidence and Mortality Trends Michigan Female Residents, 1985-2016. Division for Vital Records & Health Statistics. Michigan Department of Health & Human Services. Retrieved at: <http://www.cancer-rates.info/mi/index.php>. 4) Surveillance, Epidemiology, and End Results (SEER) Program ([www.seer.cancer.gov](http://www.seer.cancer.gov)) SEER\*Stat Database: Incidence - SEER 18 Regs Research Data + Hurricane Katrina Impacted Louisiana Cases, Nov 2017 Sub (2000-2015), National Cancer Institute, DCCPS, Surveillance Research Program, Surveillance Systems Branch, released April 2018, based on the November 2017 submission 5) Indoor tanning. American Academy of Dermatology Association. <https://www.aad.org/media/stats/prevention-and-care>