



Skin Melanoma in Iowa



Iowa ranks...

#5 in the nation for new cases of melanoma per population and **#6** for melanoma deaths per population

In 2023 there will be...

an estimated **1,300 new cases**, **110 deaths**, and **12,920 survivors** of melanoma in Iowa.

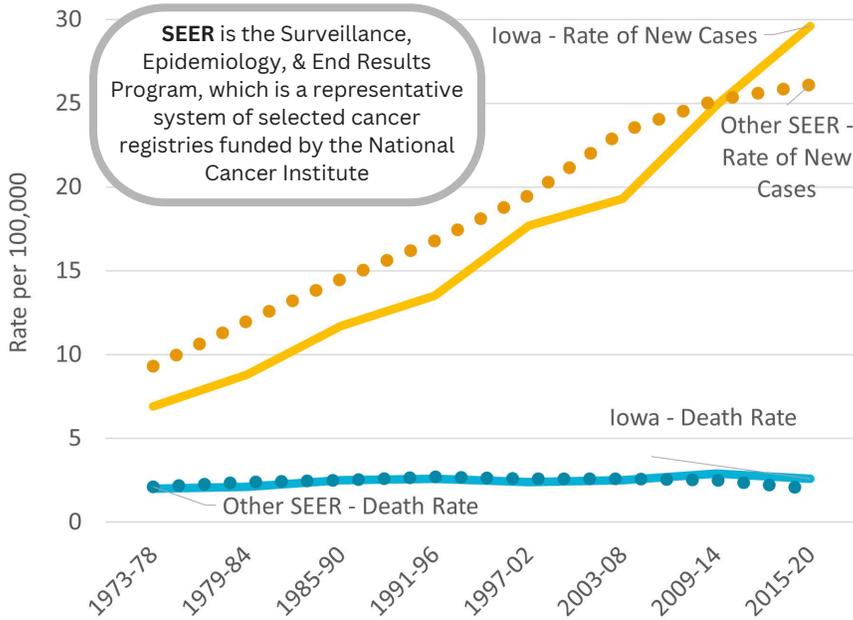
About melanoma

- While there are different types of skin cancer, melanoma is the most serious because it can spread to other parts of the body
- Melanoma can develop anywhere on the body, including nails, hands, and feet
- If caught early, melanoma is **very treatable**
- People of all ages and skin colors can get melanoma

90% of melanomas are caused by UV light and sunlight

One blistering sunburn, **especially at a young age**, can increase the chance of developing melanoma later in life

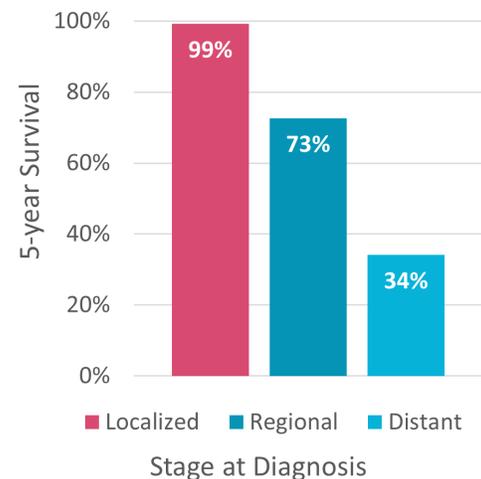
Exposure to tanning beds before age 30 increases risk of developing melanoma by **75%**



The rate of new cases of melanoma has been **steadily increasing** in Iowa and is now **higher than other SEER Registries**. The death rate is similar to other SEER registries.

In Iowa, **84%** of cases are found at an early stage (localized), while **10%** have spread to nearby structures/lymph nodes (regional), and **4%** have spread to distant parts of the body

Finding melanoma **as soon as possible** can greatly increase the chance of survival





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Risk factors for melanoma

- Unprotected and/or excessive sun exposure
- Use of indoor tanning beds
- Many moles
- Fair skin
- Genetics
- History of skin cancer
- Weakened immune system



How can I prevent skin cancer?



Avoid being in the sun from 10am-2pm



Wear long sleeve shirts and hats when outdoors



Wear broad spectrum sunscreen with at least SPF 30, and **don't forget to reapply!**



Sit in the shade when possible



Do not use indoor tanning beds

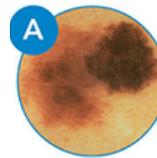
How to SPOT Skin Cancer™

Perform regular **self-examinations** using a full length mirror. Look for new spots or changes in existing spots.



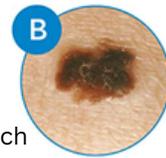
- 1 Face, neck (front and back), and scalp
- 2 Forearms, underarms, and palms
- 3 Back and buttocks
- 4 Legs (front and back) and feet. Look in between toes and soles of feet.

Most moles and brown spots are harmless, but following the **ABCDE's** can help you detect melanoma early.



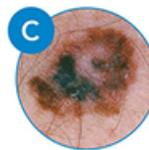
A is for **Asymmetry**

the shape of one half does not match the other



B is for **Border**

the edges are ragged, blurred, or irregular



C is for **Color**

color is uneven and may include shades of black, brown, or tan



D is for **Diameter**

there is a change in size, usually an increase



E is for **Evolving**

the mole has changed over the past few weeks or months

American Academy of Dermatologist

Want to learn more?



shri.public-health.uiowa.edu/cancer-data/iowa-cancer-reports



<https://canceriowa.org/cancer-plan/chapter-2/priority-8/>

References

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4. "Skin Cancer Types: Melanoma Overview". **American Academy of Dermatology Association.** aad.org/public/diseases/skin-cancer/types/common/melanoma/overview
5. **The Skin Cancer Foundation.** skincancer.org/
6. "Melanoma Skin Cancer". **American Cancer Society.** cancer.org/cancer/types/melanoma-skin-cancer.html