

Melanoma Fact Sheet

MELANOMA DIAGNOSES ARE INCREASING AT EPIDEMIC RATES. YOU CAN HELP MAKE A DIFFERENCE BY KNOWING AND SHARING THE FACTS ABOUT MELANOMA.

KNOW THE FACTS

- Melanoma is the **deadliest** form of skin cancer. Skin cancer is the most common form of cancer in the U.S.
- Approximately **6,850 Americans** are expected to die from melanoma in 2020.
- In 2020, over **196,000 Americans** are expected to be diagnosed with melanoma. Of these, more than **100,000** will be diagnosed with invasive (Stage I, II, III or IV) melanoma and another **96,000** will be diagnosed with melanoma *in situ*.
- Melanoma is not just a skin cancer. It can develop anywhere on the body – eyes, scalp, nails, feet, mouth, etc.
- **Melanoma does not discriminate** by age, race or gender. Everyone is at risk.
- Melanoma is the leading cause of cancer death in women ages 25-30 and the second leading cause of cancer death in women ages 30-35.
- In ages 15-29, melanoma is the second most commonly diagnosed cancer.
- The incidence of young people under 30 developing melanoma is increasing faster than any other group, soaring specifically in women by 50% since 1980.
- Approximately **500 children in the U.S.** are diagnosed with melanoma each year.
- Today, there are nearly **1 million people** living with melanoma in the U.S.
- The lifetime risk of getting melanoma is about 1 in 40 for Caucasians, 1 in 200 for Hispanics and 1 in 1,000 for African Americans.
- Nearly **90% of melanomas** are thought to be caused by exposure to UV light and sunlight.
- It takes only **one blistering sunburn**, especially at a young age, to more than double a person's chance of developing melanoma later in life.
- Exposure to tanning beds before age 30 increases a person's risk of developing melanoma by 75%.
- **Indoor tanning beds are proven to cause cancer** and have been classified into the highest cancer risk category by the World Health Organization's International Agency for Cancer Research (IARC).
- Young people who regularly use tanning beds are 8 times more likely to develop melanoma than people who have never used them.
- These tips can help **protect your skin** from too much UV exposure:
 - Seek shade when possible
 - Cover up with clothing, sunglasses and a wide-brimmed hat
 - Try to avoid being in the sun between 10 a.m. – 4 p.m.
 - Use a broad-spectrum sunscreen with SPF of at least 30 and reapply every two hours

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