

SKIN CANCER

Identification and Prevention

WHO GETS SKIN CANCER?

Skin cancer is an equal opportunity disease, affecting people of all ages, genders, races, and backgrounds.

DID YOU KNOW?

Montana's high elevation, sunny climate, and outdoor cultures contribute to higher melanoma rates than the national average.

86%

UV radiation causes 86% of melanoma cases, according to a UK study.

**Ages
15 to 39**

In 2019, melanoma was the 3rd most common cancer among Montana teens and young adults.

Melanoma, the deadliest skin cancer, affects 1 in 5 individuals during their lifetime.



HOW CAN I PREVENT SKIN CANCER?



Wear a broad-brimmed hat.



Cover your skin with sun-protective clothing.



Use SPF 50+ sunscreen every 2 hours, especially after swimming or exercise.

<https://dphhs.mt.gov/publichealth/cancer/index>



MONTANA
CANCER CONTROL
PROGRAMS

ABCDE'S OF MELANOMA

A GUIDE TO SELF-IDENTIFYING SIGNS OF
MELANOMA



Asymmetry

One half doesn't match the other

A



Border

Irregular, scalloped, or blurred edges

B



Color

Uneven or multiple colors (red, blue, black, or brown)

C



Diameter

Larger than a pencil eraser (about 6mm)

D



Evolving

Changes in size, shape, or color over time

E

NOTICE SIGNS OF SKIN CANCER?

It's important to talk with your doctor or health insurance provider to ensure coverage of skin cancer services. To connect with our network of partner dermatology clinics in the Helena area, scan the QR.

