

Melanoma of the Skin in South Dakota, 2008

Slip!



on a shirt

Slop!



on sunscreen

Slap!



on a hat

Melanoma of the Skin Estimates for 2008¹

According to the American Cancer Society (ACS), an estimated 160 new cases of melanoma of the skin are expected in South Dakota in 2008. Nationally, the ACS estimates there will be 62,480 newly diagnosed cases and 8,420 deaths due to this cancer in 2008.

Incidence and Mortality

During 2001-2005, there was an average of 168 (90 men and 78 women) new cases of melanoma of the skin diagnosed among South Dakota residents per year. Of those cases, the White population averaged 157 cases and the American Indian population 2 cases. Also of those cases, the White population averaged 111 invasive and 46 *in situ* and the American Indian population averaged 2 invasive and 0 *in situ* each year.

In South Dakota, 106 residents died from melanoma of the skin spanning the years from 2001 to 2005. Of that number, 103 were White and 3 were American Indian.

Incidence 2005		Mortality 2005	
Number of cases		Number of deaths	
Total	168	Total	16
Males	96	Males	10
Females	72	Females	6
White	167	White	16
American Indian	1	American Indian	0
Median age at diagnosis	65 yrs	Median age at death	55 yrs
Mode	65 yrs	Mode	55 yrs
Age range at diagnosis	11-96 yrs	Age range at death	23-93 yrs
SD age-adjusted incidence rate	13.1	SD age-adjusted death rate	2.0
US SEER age-adjusted incidence rate (2004)	19.6 *	US SEER age-adjusted death rate (2004)	2.7 *

Rates per 100,000 U.S. 2000 standard population

* 2005 US SEER age-adjusted rates not available

Source: South Dakota Department of Health

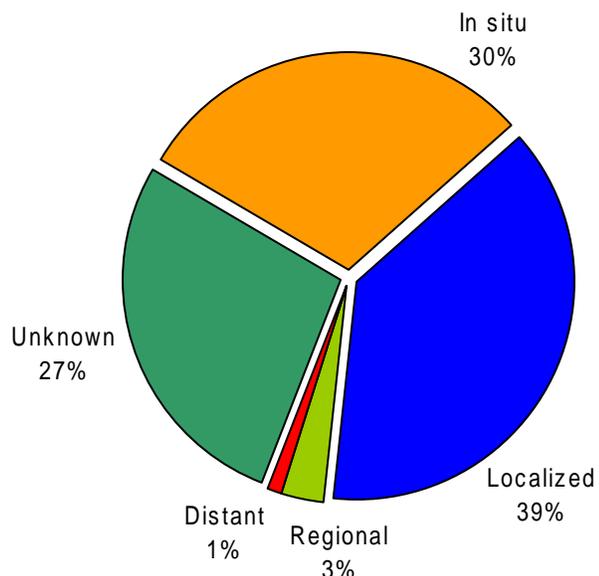
Figure 1

SEER Summary Stage

Melanoma of the skin, stage at diagnosis, South Dakota, 2005

If detected early and treated properly, melanoma is highly curable. However, melanoma is more likely than other skin tumors to spread to other parts of the body.

Source: South Dakota Department of Health



¹Source: Cancer Facts and Figures 2008. American Cancer Society

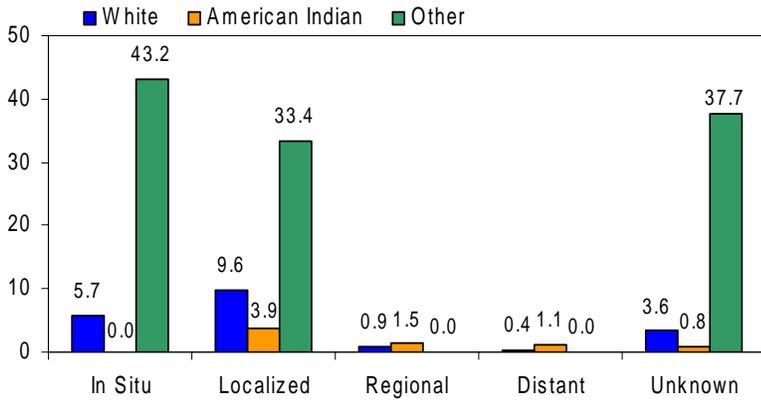


Figure 2
Age-adjusted Melanoma of the Skin Rate

Age-adjusted rate for melanoma of the skin cases at stage of diagnosis by race, South Dakota, 2001-2005

Important warning signs of melanoma of the skin include changes in size, shape, or color of a skin lesion or the appearance of a new growth on the skin.

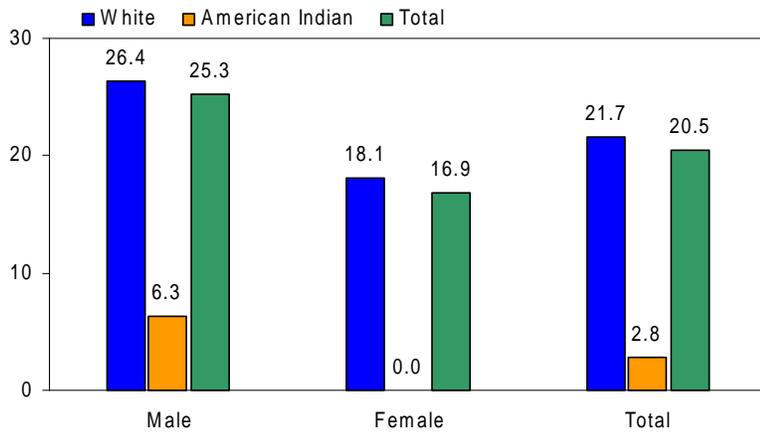


Figure 3
Age-adjusted Melanoma of the Skin Rate

Age-adjusted rate for melanoma of the skin cases by race and gender, South Dakota, 2005

The cancer rate for the white population is significantly higher than for the American Indian population.

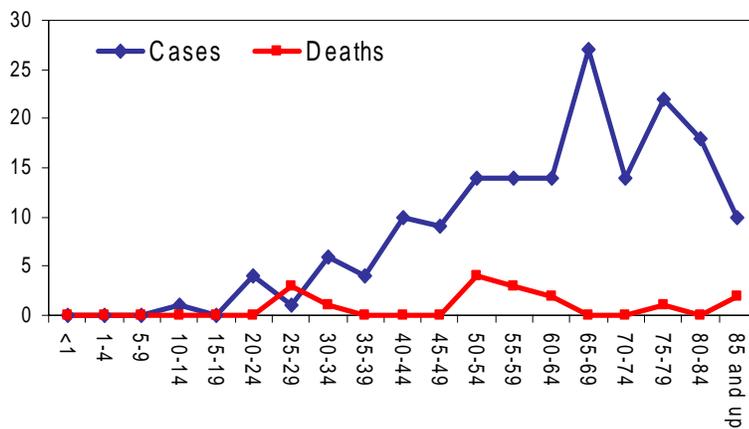


Figure 4
Melanoma of the Skin Cases and Deaths

Melanoma of the skin cases and deaths by age, South Dakota, 2005

The age-adjusted death rates in South Dakota have been close to the national rates for several years. Melanoma accounts for about three percent of skin cancer cases but it causes more than 75 percent of skin cancer deaths.

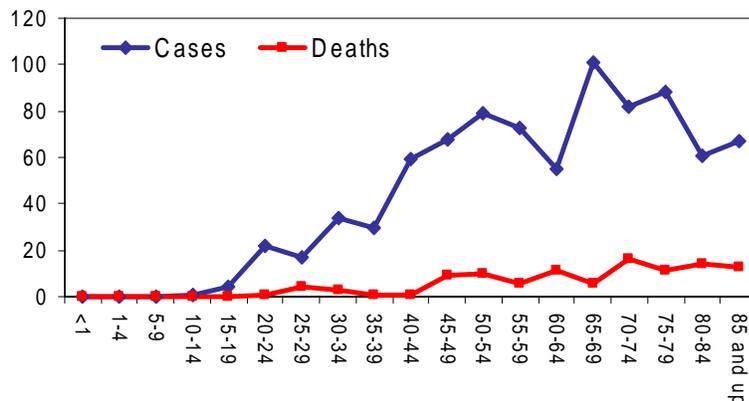


Figure 5
5-year Melanoma of the Skin Cases and Deaths

Melanoma of the skin cases and deaths by age, South Dakota, 2001-2005

Melanoma of the skin incidence and deaths increase with age, but the disease also frequently affects young, otherwise healthy people. Melanoma mortality more than doubled from 1950-2004.

Figure 6

Age-adjusted Death Rates

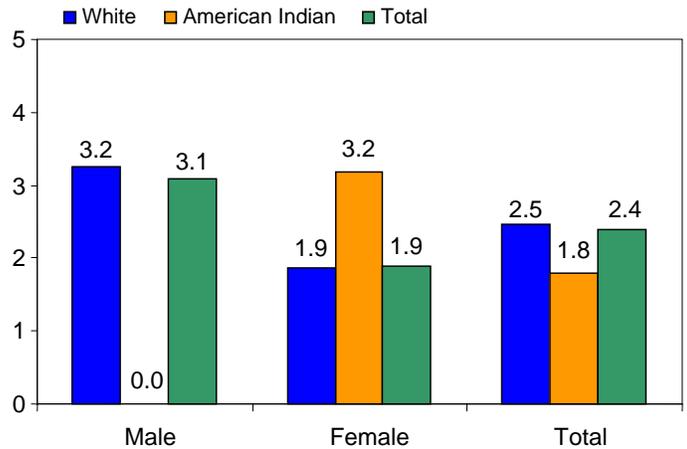
Average annual, melanoma of the skin age-adjusted death rates by race and gender, South Dakota, 2001-2005

Cancer is the second leading cause of all deaths in South Dakota. Melanoma of the skin is the number-one cause of cancer death in women age 25 to 30.

Risk Factors

The major risk factors for melanoma of the skin include:

- Personal or family history of melanoma;
- Presence of atypical moles or a large quantity of moles (greater than 50);
- Sun sensitivity (sunburning easily, difficulty tanning, natural blonde or red hair color);
- History of excessive sun exposure, including sunburns; use of tanning booths;
- Diseases that suppress the immune system;
- Occupational exposure to coal tar, pitch, creosote, arsenic compounds, or radiation;
- Men have a higher rate of melanoma than women;
- Xeroderma Pigmentosum (XP) is a rare, inherited condition. People with XP have a high risk of melanoma, basal cell, and squamous cell skin cancers.



Rates per 100,000 U.S. 2000 standard population
Source: South Dakota Department of Health

Prevention

- Avoid the sun between 10 a.m. and 4 p.m.
- Seek shade: Look for shade, especially in the middle of the day when the sun's rays are strongest. Practice the shadow rule and teach it to children. If your shadow is shorter than you, the sun's rays are at their strongest.
- Slip on a shirt: Cover up with protective clothing to guard as much skin as possible when you are in the sun. Choose comfortable clothes made of tightly woven fabrics that you cannot see through when held up to a light.
- Slop on sunscreen: Use sunscreen with a sun protection factor (SPF) of 15 or higher. Apply a generous amount (about a palmful) and reapply after swimming, towel drying, or perspiring. Use sunscreen even on hazy or overcast days and during the winter months, too.
- Slap on a hat: Cover your head with a wide-brimmed hat, shading your face, ears and neck. If you choose a baseball cap, remember to protect your ears and neck with sunscreen.
- Wear sunglasses with 99-100 percent ultraviolet (UV) absorption to provide optimal protection for the eyes and the surrounding skin.

Screening Recommendations

The American Cancer Society recommends professional skin exams every year for people over 40, and every 3 years for people age 20 to 40. Monthly self-exams are recommended for all adults.

Detection

The **ABCD guideline** refers to a system of criteria for suspecting that a skin growth is potentially a cancerous melanoma. The initials stand for:

- **A**symmetry: One half of the abnormal area is different from the other half;
- **B**orders: The lesion or growth has irregular edges;
- **C**olor: Color changes from one area to another, with shades of tan, brown, or black (sometimes white, red, or blue). A mixture of colors may appear within one lesion;
- **D**iameter: The trouble spot is usually (but not always) larger than 6 mm in diameter -- about the size of a pencil eraser.

Melanoma can spread very rapidly. Although it is less common than other types of skin cancer, the rate of melanoma is steadily increasing. It is the leading cause of death from skin disease.