

## -Melanoma-

Melanoma is a cancer of the pigment cells known as melanocytes. The most common cause is the sun. Of the three most common skin cancers, melanoma is considered to potentially be the most dangerous. Yet, the vast majority of melanomas can be treated and cured.

Your melanoma has been found to be \_\_\_\_mm thick. The reason this is important is that it is the feature that tells us most accurately how likely it is that the melanoma has spread through the bloodstream (metastasized)...increased thickness correlates with an increased chance of metastasis.

**The doctor will discuss this information with you more thoroughly this morning.**

The chance of this melanoma coming back in this site after Mohs Surgery is 0.2 to 0.5%.

\_\_\_\_ this is my first melanoma and there are no other persons in my family with a history of melanoma (10%; 4-5% for family)

\_\_\_\_ either someone in my immediate family or I have previously been diagnosed with melanoma other than the cancer being treated today (20%; 10% for family)

Because of the significant risk of another melanoma, we have two recommendations:

1. Protect yourself at all times from the damaging effect of the sun... sunscreen, clothing, personal choices and common sense. Avoid tanning beds!
2. Perform a self-examination of all your skin once a month looking for changes...either new spots or a changing pre-existing spot. If you see a change and if it persists for one month, or if it progresses during the month, make an appointment with your doctor to have it evaluated.

*-Consider taking "selfie" photos of your moles to provide a record to compare and assist you in monitoring*

*-MoleMapper is an app that can help you keep track of your moles*

**Family members** are at increased risk for melanoma too:

Mother, Father  
Brothers, Sisters  
Children  
Grandchildren

Let them know and suggest the two recommendations that we have given you... Sun protection and self-monitoring.

Please help yourself to our Sunsense pamphlet