



CheckYourSkin.net™

**For each question write a T for True or an F for False.**

1. \_\_\_\_\_ Skin cancer is the most common form of cancer in the United States.
2. \_\_\_\_\_ People with darker skin are protected from sun damage and do not get skin cancer.
3. \_\_\_\_\_ Redheads and blondes are more likely to get melanoma.
4. \_\_\_\_\_ People born with one or more moles are more likely to develop melanoma.
5. \_\_\_\_\_ Putting on sunscreen in the morning provides complete protection from skin cancer.
6. \_\_\_\_\_ An individual's risk of melanoma is increased if a parent, sibling, or child has had melanoma.
7. \_\_\_\_\_ Skin cancer is part of the normal aging process and it cannot be prevented.
8. \_\_\_\_\_ Avoiding the sun will prevent skin cancer.
9. \_\_\_\_\_ Melanoma, a serious type of skin cancer, cannot be cured.
10. \_\_\_\_\_ Self examination requires that people only check sun exposed areas.
11. \_\_\_\_\_ Skin cancer grows slowly. Therefore, individuals only older than age 60 need to check their skin.
12. \_\_\_\_\_ Melanoma can occur anywhere on the body, including even inside the mouth and on the genitalia.
13. \_\_\_\_\_ Hair protects the scalp from the sun and therefore, skin cancer rarely occurs on the head.
14. \_\_\_\_\_ Development of a new mole or change in an existing mole may be a sign of skin cancer.

1. **TRUE:** *Skin cancer is the most common form of cancer in the United States with about 1 million new cases in 2005.*
2. **FALSE:** *Anyone can get skin cancer. Darker skinned people have more melanin, a brownish pigment, in their skin which serves as a buffer by absorbing ultraviolet rays, thereby lowering, but not eliminating, the risk of skin cancer.*
3. **TRUE:** *Redheads and blondes have a two-fold to four-fold greater risk of developing melanoma.*
4. **TRUE:** *Most moles develop some time after birth, but some people are born with moles. "Birth Moles" increase a person's risk for melanoma.*
5. **FALSE:** *It is important to reapply sunscreen every 1-2 hours.*
6. **TRUE:** *Your risk is increased if your parent, child or sibling has had melanoma.*
7. **FALSE:** *Although some people are at a higher risk of developing skin cancer, there are preventative measures that may be taken to decrease your risk.*
8. **FALSE:** *Even though there is a strong correlation between ultraviolet exposure to the sun and all types of skin cancer, you can still get skin cancer if you stay out of the sun. It is important to regularly examine your skin for signs of cancer regardless of how much sun you get.*
9. **FALSE:** *When treated in its earliest stage, melanoma can be cured.*
10. **FALSE:** *Melanoma may occur anywhere on your body and so it is important to check all of your skin!*
11. **FALSE:** *Skin cancer may appear at any age and it is important to always check your skin.*
12. **TRUE:** *Melanomas can develop anywhere on the body, even places that are not exposed to the sun, such as the soles of the feet or mouth. Be sure to always check all of your skin.*
13. **FALSE:** *The scalp is one of the most common places which skin cancer appears. It is important to always check all of your skin.*
14. **TRUE:** *The development of a new mole or any changes in the size, color, shape or texture of a mole may be a sign of skin cancer and should be reported to a dermatologist or personal physician right away.*