

## What is Melanoma Skin Cancer?

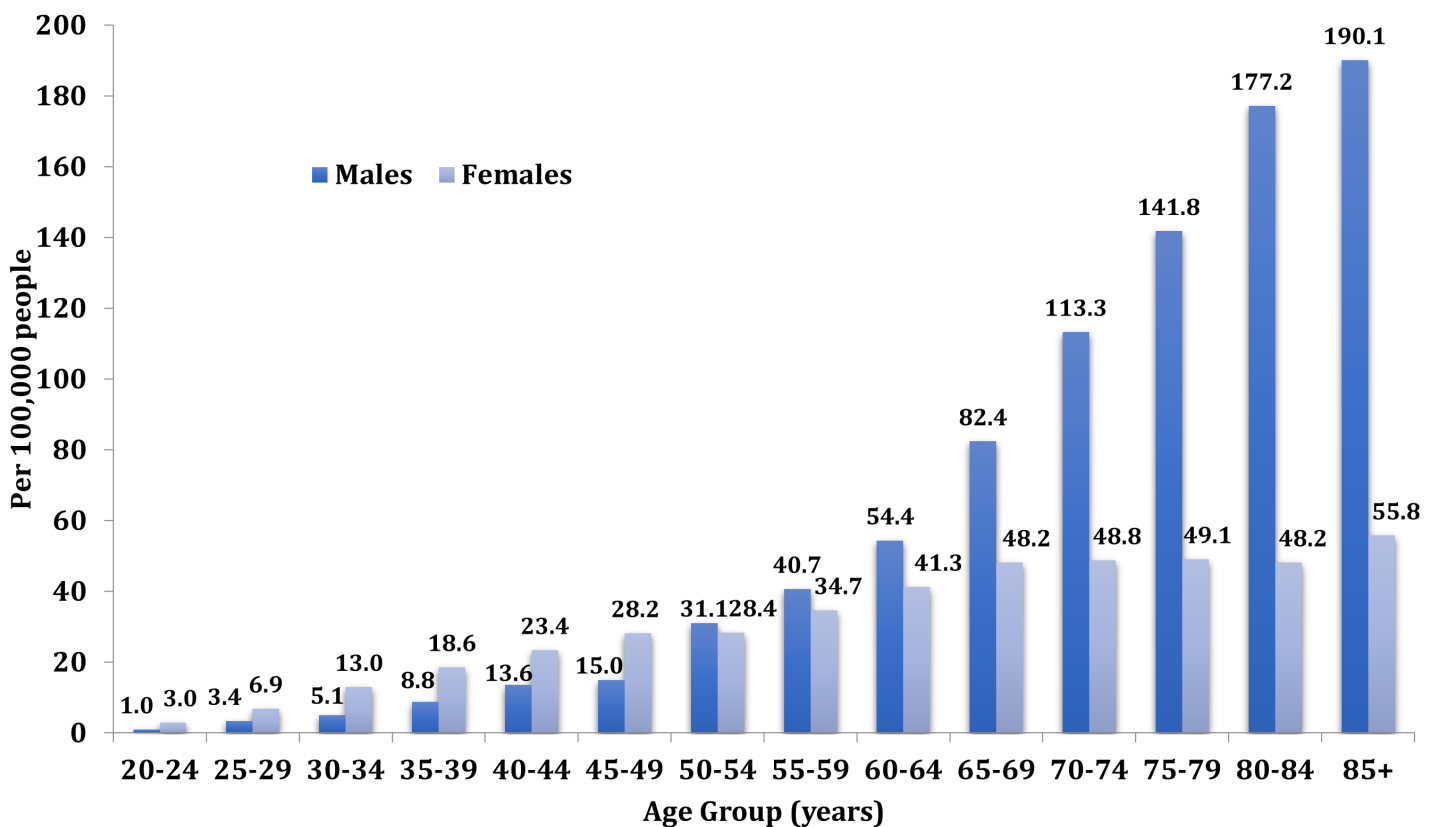
2026

Melanoma begins in an individual's melanocytes, or cells that produce melanin.<sup>1</sup> Even though melanoma only accounts for approximately 1 percent of skin cancers, it is still the cause of a majority of cancer deaths overall.

During 2018 to 2022 the age-specific incidence rates for melanoma among Indiana males were higher than the rates for females; however, from ages 20 to 49, the incidence rate for females was higher than for males [Figure 1].<sup>2</sup>

Below, Figure 1 shows that melanoma skin cancer rates in Indiana increase with age and depend greatly on gender.

**Figure 1: Incidence of Melanoma Skin Cancer by Age Group and Sex \*  
Indiana, 2018-2022**



Source: Indiana State Cancer Registry

Note: Excludes in situ

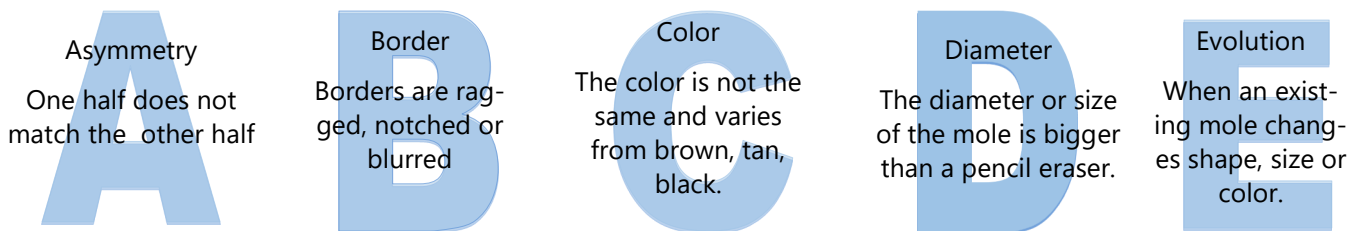
## Prevention

- Use “broad spectrum” sunscreen with a sun protective factor (SPF) of 15 or greater which protects against both UVA and UVB rays.
- Avoid tanning booths and sunlamps.
- Cover up with a wide-brimmed hat or clothing that covers your arms and legs.
- Stay out of the sun between 9 a.m. and 3 p.m., when the sun’s UV rays are the strongest.<sup>2</sup>

## Screening

Individuals who are concerned about getting skin cancer or who notice changes to the appearance of moles, past history of sunburns or skin cancer, family history of melanoma, and use of tanning beds should talk to their clinician about screening.

### Know your A, B,C's: Know the Signs of Melanoma<sup>3</sup>



## References

1. Indiana Cancer State Registry
2. Centers for Disease Control and Prevention. (2024, July 1). *Reducing Risk or Skin Cancer*. <https://www.cdc.gov/skin-cancer/prevention/>
3. American Academy of Dermatology. *What to look for: ABCDEs of Melanoma*. <https://www.aad.org/public/diseases/skin-cancer/find/at-risk/abcdes>