

Light it Orange for Melanoma Monday

SPOTS?
DON'T CHANGE 'EM.
CHECK 'EM.

Canadian
Dermatology
Association

Association
canadienne de
dermatologie

Please join the Canadian Dermatology Association and the American Academy of Dermatology in painting North America orange for skin cancer awareness on Monday, May 6 – Melanoma Monday.

How can you help?

Simply by lighting City Hall with orange spotlights on May 6, 2013.

In 2012, estimates indicated there would be more cases of skin cancer diagnosed in Canada than breast, lung and prostate cancers combined (81,300:75,000). Sadly, the life-time risk for melanoma is now 1 in 74, but luckily the survival rate is high if it is detected and treated early. Numbers like that make a world without skin cancer seem to be an impossible goal. But it is within our reach!

The **Light It Orange** national event will serve not only to raise awareness about skin cancer but also to let Canadians who have, or have had, skin cancer know we're fighting that battle with them.

Help the Canadian Dermatology Association spread the word and encourage your community to be proactive in the prevention and detection of skin cancer. For more information about **Light It Orange**, please contact Jennifer Scott, Director of Communications, at jscott@dermatology.ca or 613.738.1748 x 222.

We hope you will join us to put **a spotlight on skin cancer.**

Sincerely,



Gordon Searles, MD, FRCPC
President, Canadian Dermatology Association

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PREVENT • DETECT • LIVE



Melanoma by the Numbers 2012

- Estimates were there would be 5,800 new cases of melanoma diagnosed in 2012 and it would cause 970 deaths.¹ (New cases: Males 3,100 / Females 2,700. Deaths: Males: 600 / Females: 370)
- Melanoma is the 7th most frequent cancer in Canada.¹
- The survival rate for melanoma is high; 90% of Canadians diagnosed with melanoma will survive. Early detection of melanoma is very important as this is directly linked to the high survival rate.² Unlike many cancers, melanoma is *clearly visible on the skin*.
- Up to 70% of all melanomas are first identified by the patient themselves (53%) or close family members (17%).³
- The lifetime risk of melanoma for Canadian men is now 1 in 74. For women, it is 1 in 90.² In comparison, the lifetime risk of melanoma for Americans in the 1930's was 1 in 1,500.
- Melanoma is one of a handful of cancers where the incidence in Canadians continues to increase (1.4% a year in men, 1.4% a year in women). This is likely related to more leisure time spent in the sun without adequate protection.⁴
- Looking at all cancers found in the **15 to 29 age group**, melanoma was the 3rd most common cancer in young women and represented 11% of new cases. There is growing evidence that exposure to ultraviolet radiation through the use of tanning beds and sunlamps, increases the risk of developing melanoma especially if exposure begins in adolescence or young adulthood.²
- The death rate for men with melanoma continues to rise (0.5% a year).² Studies show older, fair skinned men are more likely to die to melanoma than any other group. This may be due to the frequent location of melanoma on the back in this group, an area which is difficult to see.

Estimated new cases of Melanoma by Gender & Province¹

Gender	Canada	BC	AB	SK	MB	ON	QC †	NB	NS	PE	NL †
Male	3,100	490	270	80	85	1,500	350	90	140	20	45
Female	2,700	420	240	60	75	1,350	280	85	130	20	35
Total	5,800	910	510	140	160	2,850	630	175	270	40	80

Territories are not listed separately due to small numbers.

† The actual data used to calculate the projected overall 2012 estimates may have been underestimated for this province.

Estimated deaths due to Melanoma by Gender and Province¹

Gender	Canada	BC	MB	SK	MB	ON	QC	NB	NS	PE	NL
Male	600	90	55	15	15	270	110	10	25	5	10
Female	370	60	35	10	10	160	65	10	15	--	5
Total	970	150	90	25	25	430	175	20	40	5	15

-- Fewer than three deaths. Territories are not listed separately due to small numbers.

¹ Canadian Cancer Statistics 2012

² Canadian Cancer Statistics 2009

³ Koh HK, Miller DR, Geller AC, Clapp RW, Mercer MB, Lew RA. Who discovers melanoma? *Journal of the American Academy of Dermatology*, 1992; 26: 914-919

⁴ Canadian Cancer Statistics 2011



2012 Skin Cancer Fact Sheet

- More than 81,300 new cases of non-melanoma skin cancers (basal and squamous) were expected to be diagnosed during 2012.¹
- Approximately 5,800 Canadians would be diagnosed with melanoma in 2012 and 970 die of it.¹
- Skin cancer is the **most common** cancer diagnosed in Canadians. It is also the most common cancer in the world.
- Basal cell and squamous cell skin cancer are the two most prevalent forms of this disease. Skin cancers, including melanoma, are highly curable if found and treated early.
- While less common, melanoma is the most dangerous type of skin cancer since it can spread in the body and cause death.
- Canadians born in the 1990's have two to three times higher lifetime risk of getting skin cancer compared to those born in the 1960's. For those born in the 1990's, there is a **1 in 6 lifetime risk** of having skin cancer. For those born in the 1960's, there is a 1 in 20 lifetime risk.²
- The main cause of skin cancer is too much UV radiation.
- Skin cancer is one of a small number of cancers that can be prevented through simple measures such as limiting sun exposure, seeking shade, wearing hats and clothing, and using an SPF 30 or higher, broad spectrum sunscreen.
- There is a group of people at particularly high risk for skin cancer because of their skin type and amount of sun exposure. This includes those with: fair skin and blond or red hair; skin that burns and freckles easily rather than tans; a lot of sun exposure through outdoor work or recreation; many moles (> 50) or some large and unusual moles; a history of severe sunburns.
- The estimated cost of treating skin cancer is predicted to almost double from \$532 million in 2004 to \$921 million in 2031.³

Please visit www.dermatology.ca for more information on the prevention and early detection of skin cancer.

¹ Canadian Cancer Statistics 2012

² Demers, Alain A. et al. Trends of non-melanoma skin cancer from 1960 through 2000 in a Canadian population, *Journal of the Academy of Dermatology*, August 2005, Vol. 53, No. 2, 320-328.

³ Canadian Partnership Against Cancer, *The Economic Burden of Skin Cancer in Canada: Current and Projected*, February 26, 2010.