

This Free E-Book is brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

The Causes And Symptoms Of Melanoma

By Heather Colman

Melanoma is a malignant tumor predominantly found in the skin but can be found elsewhere, especially the eye. The vast majority of melanomas originate in the skin.

Melanomas are the most lethal form of skin cancer. As with most forms of cancer, earlier detection gives patients a better chance of survival.

Epidemiologic studies from Australia suggest that exposure to ultraviolet radiation is one of the major contributors to the development of melanoma. Occasional extreme sun exposure resulting in a sunburn is causally related to melanoma. Those with more chronic long term exposure (outdoor workers) may develop protective mechanisms.

Melanoma is most common on the back in men and on legs in women (areas of intermittent sun exposure) and is more common in indoor workers than outdoor workers (in a British study). Other factors are mutations in or total loss of tumor suppressor genes. Use of sunbeds with deeply penetrating UVA rays has been linked to the development of skin cancers, including melanoma.

Possible significant elements in determining risk include the intensity and duration of sun exposure, the age at which sun exposure occurs, and the degree of skin pigmentation. Exposure during childhood is a more important risk factor than exposure in adulthood. This is seen in migration studies in Australia where people tend to retain the risk profile of their country of birth if they migrate to Australia as an adult. Individuals with blistering or peeling sunburns especially in the first twenty years of life have a significantly greater risk for melanoma.

Fair and red-headed people are at greater risk for developing melanoma. A person with multiple atypical nevi or dysplastic nevi are at a significant risk. Persons born with giant congenital naevi are at increased risk.

A family history of melanoma greatly increases a person's risk. Certain 'melanoma families' display features of mendelian inheritance of cancer causing genes. It is critical that individuals with family members who have been diagnosed with melanoma be checked regularly for skin cancer. Patients

The Causes And Symptoms Of Melanoma

with a history of one melanoma are at increased risk of developing a second primary tumour.

Do you suspect that you may have Melanoma?

Any mole that is irregular in color or shape should be examined by a doctor to determine if it is a malignant melanoma, the most serious and life-threatening form of skin cancer. Following a visual examination and a dermatoscopic exam (an instrument that illuminates a mole, revealing its underlying pigment and vascular network structure), the doctor may biopsy the suspicious mole. If it is malignant, the mole and an area around it needs excision by a surgeon or dermatologist.

The diagnosis of melanoma requires experience, as early stages may look identical to harmless moles or not have any color at all. Where any doubt exists, the patient will be referred to a specialist dermatologist.

How to Prevent Melanoma

Minimize exposure to sources of ultraviolet radiation (the sun and sunbeds).

Wearing long-sleeved shirts, long trousers, and broad-brimmed hats offers the best protection.

Use a sunscreen with an SPF rating of 30 or better on exposed areas.

Disclaimer – The information presented here should not be interpreted as medical advice. If you suspect you have Melanoma, please consult your physician as early as possible for diagnosis and treatment options.

Copyright © 2006, Heather Colman. Find more Melanoma resources at:

<http://www.melanoma-station.info>

How to spot bad mole?

By Aleksandr Kavokin, MD/PhD

How to spot bad mole? by Aleksandr Kavokin, MD/PhD

How to spot malignant mole?

This morning you took a bath. The warm water feels so nice during the cold winter day. There was some funny skin itching on you back. You looked in the mirror, turned this way , that way. There is small mole on your back You remember this spot had been there for years, since childhood. Did this spot get that strange itching?

Recently you have heard the news that there are more than 50000 of new melanoma cases every

The Causes And Symptoms Of Melanoma

year. This number grows 3% a year.

What is going on? Is this small spot on you back went out of control?

Several types of skin tumors exist. Many are slow growers. Many give rare metastasis. Simple removal cure majority of skin tumors.

Melanoma brings troubles big time.

Melanos = black, oma = tumor.

You can detect melanoma by self-exam. Skin cancers show themselves much easier than any other types of cancer.

In the same time you can cure melanoma by simple surgical resection. However, catch this tumor in early stage. Late stage metastasize. Surgeon can not cut off every metastasis in your body.

There are numerous sites dedicated to melanoma self-exam. Just type in the word "melanoma" into any search engine. Follow instructions.

Fair skin people have more chances of getting melanoma. However, dark skin people develop melanoma too.

Everybody has moles. Women even use moles to charm. How to find if your mole became dangerous?

Dangerous signs include ABCD:

Asymmetry

Border

Color

Diameter

A– asymmetry. Suspicious mole does not look like a round or oval blot. Often, early melanoma looks rather like a blot with an odd shape.

B– borders. Borders become irregular, uneven, fuzzy. The edges of the blots become notched.

C– color. Color of normal mole should be more or less homogenous. Change in color is very suspicious. There are shades of brown, black, tan, red. Mottled color is suspicious.

D– diameter. Change in diameter is suspicious too. Mole that is bigger than 6 mm is suspicious. Everybody compares 6 mm to a pencil eraser (though few people actually use it extensively). Just to

The Causes And Symptoms Of Melanoma

get idea about the borderline size.

Besides ABCD there could be other signs of dangerous mole:

E – enlargement and elevation over the time

Also worrisome signs include easy bleeding and erythema (redness) around the mole.

Itching and pain in the side of mole make you suspicious as well.

History of melanoma in Family should also raise suspicions.

Some skin problems look like melanoma, but are actually harmless. Anyway, do not gamble with them. Even experienced physician can not always tell if the lesion is malignant or not. It is better to be safe then sorry and check the troubling changes soon.

Some rare types of melanoma exist. Because even obvious melanomas are not always diagnosed on time, the unusual types becomes much more deadlier. Often doctor sees them too late.

Melanoma under the nails. Melanoma of mucous membranes. (Mouth, nose or guts) Amelanotic melanoma – this one is not even colored.

The treatment will be excision with margins and biopsy, but most important of course is to catch melanoma Know that the treatment depends on the thickness of the tumor and the presence of distant metastasis.

Surgeon or dermatologist cuts off the melanoma. Then, Pathologist (doctor specializing in lab diagnostics) looks the sample under microscope.

He classifies the tumor. The grade of the tumor gives the clue to the chances of your survival.

There are several classifications

Breslow classification measure the penetration of the lesion into skin by millimeters. Know that > 0.75 mm is already dangerous, but > 4 mm is wacking.

What is 4 mm. It is nothing. Right? Take a ruler and check how 1 mm looks and how 4 mm looks.

So this is why it is important to catch melanoma early.

There is also Clarks classification that measures penetration of the melanoma into the skin and other layers.

TNM classification standardizes the grading.

The Causes And Symptoms Of Melanoma

You can not know the grade unless you excise and measure the melanoma penetration under microscope. It is not a do-it-yourself project. Surgeon and pathologist will do it.

The time of evolvment 1–2 years.

The frequency of melanoma is increasing. It might be because of more people get sun damage. Also other reasons may play role.

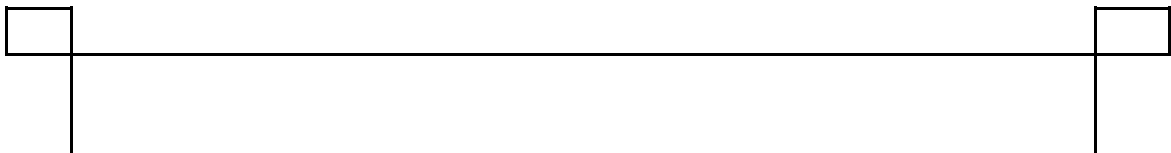
Treatment of melanoma includes surgical removal, chemotherapy, immunotherapy, radiation therapy.

Keywords: Melanoma, mole, nevus, dermatology, pathology, surgeon

Aleksandr Kavokin MD/PhD, Phila<http://www.kavokin.com>Aleksandr Kavokin, MD1994
Russia,PhD1997 Russia – Immunology and Allergy, postdoc at Cancer Center at Med U of South
Carolina, postdoc at Yale – Cardiology, Molecular Medicine. <http://www.kavokin.com>
<http://www.kavokin.uni.cc> http://www.geocities.com/aging_rejuvenation/ <http://www.appendicitis.uni.cc/>
http://www.geocities.com/appendicitis_disease/



This Free E–Book has been brought to you by [Natural–Aging.com](http://Natural-Aging.com).



100% Effective Natural Hormone Treatment

**Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**