

# RISK ASSESSMENT FOR MELANOMA



Has your parent, brother or sister ever had melanoma?

Yes

No / Don't know

Is your hair naturally red or blonde?

Yes

No

Are your eyes blue, green, or hazel?

Yes

No

Is your skin fair?

Yes

No

Does your skin burn easily?

Yes

No

Do you have 6 or more moles that are at least 3 mm in diameter at both of your arms (between your shoulders and wrists)?

Yes

No

Did you have several severe blistering sunburns as a child?

Yes

No / Don't know

Do you tan intentionally including using solariums?

Yes

No

The number of Yes answers is \_\_\_\_\_.



0-1

## LOWER RISK GROUP

Your risk of developing melanoma is below average - it means you don't have many risk factors.

Your risk is only an estimate, based on your own risk factors, some of which you may be able to change and some of which cannot be changed. You cannot change your natural skin color and sensitivity to sun since these are inherited features. But understanding your skin type makes you more aware of your need to protect your skin. You cannot change the effects of overexposure to UV light you might have had in the past, but you can prevent this from happening in the future. The best thing you can do is protect yourself from the sun and avoid solariums. When outdoors particularly during peak UV periods (between 10 am and 4 pm) seek shade, wear protective clothing, a broad brimmed hat, sunglasses, and apply sunscreen SPF 30 or higher at least every two hours. Regularly self examine your skin and mole once a month and consult with your family doctor or dermatologist in case of a suspicious mole.

1-4

## MODERATE RISK GROUP

Your risk of developing melanoma is average - it means you have a few risk factors.

Your risk is only an estimate, based on your own risk factors, some of which you may be able to change and some of which cannot be changed. You cannot change your natural skin color and sensitivity to sun since these are inherited features. But understanding your skin type makes you more aware of your need to protect your skin. You cannot change the effects of overexposure to UV light you might have had in the past, but you can prevent this from happening in the future. The best thing you can do is protect yourself from the sun and avoid solariums. When outdoors particularly during peak UV periods (between 10 am and 4 pm) seek shade, wear protective clothing, a broad brimmed hat, sunglasses, and apply sunscreen SPF 30 or higher at least every two hours. Regularly self examine your skin and moles once a month and consult with your family doctor or dermatologist in case of a suspicious mole.

5-8

## HIGHER RISK GROUP

Your risk of developing melanoma is above average - it means you have several risk factors.

Your risk is only an estimate, based on your own risk factors, some of which you may be able to change and some of which cannot be changed. You cannot change your natural skin color and sensitivity to sun since these are inherited features. But understanding your skin type makes you more aware of your need to protect your skin. You cannot change the effects of overexposure to UV light you might have had in the past, but you can prevent this from happening in the future. The best thing you can do is protect yourself from the sun and avoid solariums. When outdoors particularly during peak UV periods (between 10 am and 4 pm) seek shade, wear protective clothing, a broad brimmed hat, sunglasses, and apply sunscreen SPF 30 or higher at least every two hours. Regularly self examine your skin and moles once a month and consult with your family doctor or dermatologist in case of a suspicious mole. Have regular skin exams by a dermatologist at least once a year.



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