

Goodman & Snyder: Differential Diagnosis for Physical Therapists, 5th Edition

Appendix

APPENDIX C-8

Risk Factor Assessment for Skin Cancer

The average lifetime risk of developing melanoma (Caucasians) is 1 in 70. This has increased from 1 in 90 just in the last two decades. Your risk is much higher if you have any of the following risk factors (check all that apply):

- Personal or family history of skin cancer (particularly melanoma)
- Moles with any of the ABCDE features or moles that are changing in any way [A=asymmetry B=border C=color D=diameter E=evolving (changing)]
- Complexion that is fair or light with green, blue, or gray eyes
- Skin that sunburns easily; skin that never tans
- History of painful sunburns with blistering during childhood or the adolescent years
- Use of tanning beds or lamps
- Short, intense episodes of sun exposure: the indoor individual who spends the weekend or vacation time out in the sun without skin protection (or any sporadic exposure of normally covered skin to strong sunshine)
- Transplant recipient

Data from Skin Cancer Foundation, 2005.