

MARSHALL  
SWINNEY  
FOR THE MELANOMA  
RESEARCH FOUNDATION

WHAT REALLY HAPPENED  
TO FROSTY



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## **Melanoma: What You Know Can Only Help**

Every hour of every day, someone in the US dies of melanoma.  
Melanoma strikes people of all ages, all races, all economic levels, both sexes.

Melanoma is one the fastest growing cancers in the US.

In 1940 the risk of developing melanoma in one's lifetime was 1 in 1,500.  
By 2010, it is estimated that it will be 1 in 50.

### **Are you at risk?**

- A history of severe sunburns as a child or teen.
- A family history of melanoma.
- Red or blond hair and blue eyes.
- Skin that burns and freckles easily.
- A compromised immune system.
- Moles that are either flat or bumpy, with irregular borders and a variety of colors.
- Many moles, large moles or moles that have changed.

### **What you can do?**

- Reduce excessive sun exposure and avoid sunburns.
- Use sunscreen products with an SPF > 30.
- Examine your entire skin surface regularly, looking for any change in the size, color or feel of a mole or for the appearance of a new one.
- See a doctor who has treated others with melanoma.

This is a public service announcement from the  
Melanoma Research Foundation  
24 Old Georgetown Road  
Princeton, New Jersey 08540  
1-800-MRF-1290  
Website: melanoma.org

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