New Opportunities to Win Facial Skin Analyzer Machines

Three Contests for the 2015–16 School Year

Would you like to win a facial skin analyzer machine for your school or district? They are wonderful interactive machines that show users their facial sun damage in real time and are wildly popular among students and faculty. They are always a top exhibit at health fairs and a great way to drive home the importance of sun protection and tanning bed avoidance.

There are three ways to win one of twelve analyzers available during the 2015–16 school year:

1. Lesson Impact Contest

Tell us how the lesson you presented allowed early detection of a melanoma or severely atypical mole on a student, student family member, teacher, or teacher family member. The top five entrants will receive facial skin analyzers. Find requirements and an entry form at melanomaeducation.net/pdf_files/ImpactContest.pdf.

2. “Above and Beyond” Contest

If you present the entire MEF Melanoma Lesson and supplement it in a unique way, tell us about it. The top four entrants will receive facial skin analyzers. Download requirements and an entry form at melanomaeducation.net/pdf_files/AboveAndBeyondContest.pdf.

3. Lesson Referral Contest

Recommend MEF’s free online Melanoma Lesson at MelanomaEducation.net to other middle and/or high school teachers anywhere in the U.S. that are not currently registered. (For a full list of schools currently using the lesson, see melanomaeducation.net/schools.php.) The top three

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The MEF database contains records for more than 18,000 U.S. middle and high schools compiled over a period of 15 years. Continually adding more schools and updating the records of health and wellness teachers at existing schools in the database is a challenging—yet essential—part of MEF’s mission.

In our experience, the average annual health/wellness educator turnover at secondary U.S. schools has been between 10 and 15 percent. Primary factors contributing to turnover are changes in teaching assignments, retirements, leaves of absence, discontinuation of health courses, and transfers to other schools.

Communication between previous and new health/wellness teachers at many schools using our Melanoma Lesson is often minimal. More often than not, we are compelled to start from the beginning when new health teachers replace previous teachers who have been using the lesson.

During the 2014–15 school year, more than 35 volunteers found contact information for health teachers at schools that were not previously in our database. During late spring and throughout the summer, 25 more volunteers searched school websites and found information that allowed us to update the MEF database with current health/wellness teacher information. All of our volunteer opportunities provide community service hours credit on request.

By helping us update our database, our spring/summer volunteers are providing life-saving services that we could not hope to duplicate without them. We gratefully acknowledge the efforts of our wonderful volunteers in the list at right.
New Opportunities to Win Facial Skin Analyzer Machines

*continued from front cover*

earliest entrants whose referrals result in ten or more new schools registering and presenting the lesson will receive facial skin analyzers. *At least one teacher at each new school must register, watch the 30-minute online teacher training video, and present the lesson at least once prior to your entry submission.* Detailed requirements and an entry form can be found at melanomaeducation.net/pdf_files/ReferralContest.pdf.

Clockwise from top: Inside, back and side views of a facial skin analyzer machine.

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MEF Runner Enlistment for 2015 TCS New York City Marathon Complete

*Applications Now Being Accepted for 2016*

Seventeen runners will participate in the 2015 TCS New York City Marathon on November 1st to raise funds for MEF. All of the allotted runners were enlisted by mid-June, nearly five months in advance of the marathon.

The runners hail from ten different states and Australia: James and Rita Betcher (Michigan), Joel Gil (Massachusetts), Peter Hynd (New Hampshire), Megan and Don McMah (Georgia), Lauren Metchik (New York), Erin Miller (Colorado), Michelle Murray (Ohio), Jordon Patterson (Georgia), Katherine Pride (Pennsylvania), Erin Pringle (Connecticut), Matt Reeves (Georgia), Luke and Melissa Rowlands (Australia), Jennifer Savage (California), and Scott Stephens (Georgia).

Applications for the 2016 TCS New York City Marathon are now available. Five runners are already enrolled for the 2016 event, the largest marathon worldwide and among the most difficult to enter.

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Melanomas Without Identifiable Primary Sites

Most Are Believed to Have Originated on the Skin

In approximately five percent of newly diagnosed melanomas, the cancer is found in lymph nodes or other organs and have no identifiable primary sites on the skin. In most of these patients it is believed that the primary melanomas underwent complete regression on the skin, but metastasized internally prior to regression. The regression process is believed to involve attack of the melanoma by the immune system. An additional possibility is that metastases originated from previously excised but undiagnosed or misdiagnosed melanomas on the skin.

The photos at left show melanomas on the skin with signs of early stage and late stage regression. The melanomas were thin and likely excised before metastases had a chance to occur.

While most radial (flat or slightly raised) melanomas change by becoming darker and larger, some may become smaller and lighter because of regression.

Any skin lesions that are changing should be examined by a dermatologist or plastic surgeon—even if they are changing in a way that looks like they are disappearing.
Melanoma Mimics

Some Non-Melanoma Skin Growths May Look Like Melanomas

Dozens of different types of skin growths are known and some of them, when seen through the eyes of untrained individuals, may cause unnecessary panic. Most dermatologists can recognize these growths by visual examination, although some may require biopsy to rule out melanoma. Here are several well-known examples:

**Solar Lentigo** (also known as an age spot or liver spot) is a flat or slightly raised benign growth in sun-exposed skin, most common in older individuals.

**Seborrheic Keratosis** is a common, benign growth often seen in middle-aged and older adults. It is often brown, tan, or black, and has a “pasted-on” appearance.

**Blue Nevus** is a mole with blue or blue-black color caused by pigment being deeper in the skin than in an ordinary mole, and is no more likely to become cancerous than a normal mole.

**Dermatofibroma** is a benign brown to red-purple growth commonly found on the arms or legs, and may form as result of minor injury, splinter, or insect bite.

**Keratoacanthoma** is a common, usually benign skin tumor originating in hair follicles. It may require biopsy to rule out squamous cell carcinoma.

**Pyrogenic Granuloma** is a benign blood-containing overgrowth that may appear on skin or mucous membranes (oral and nasal). It is caused by irritation, physical trauma, or hormonal factors, and occasionally bleeds.

No matter what a skin growth looks like, see a dermatologist immediately if it is changing or continuing to grow after two weeks.
Calendar of Events

November 1, 2015  2015 TCS New York City Marathon

November 15, 2015  MEF Open Board Meeting, Danvers, MA
                   If you would like to meet us and learn more about MEF, you are welcome to attend our open board meeting with no obligation. Email mef@skincheck.org.

April 29, 2016  Fifth Annual Keri McCarthy Comedy Night Melanoma Fundraiser, Montvale Plaza, Stoneham, MA

May 1–June 30, 2016  July Calendar Raffle Sales

November 6, 2016  2016 TCS New York City Marathon
                   Contact race director Debi Facchetti by phone at 718-775-7295 or by email at mef.debi@gmail.com to apply for a charity runner spot.

The Melanoma Education Foundation is a nonprofit preventive health organization that saves lives by promoting greater awareness of melanoma and the importance of early self-detection. The Foundation, which was incorporated as a nonprofit 501(c) (3) organization in Massachusetts in August 2000, evolved from a father’s website tribute to his son, Dan Fine of Peabody, who died of melanoma in 1998 at the age of 26.

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