

The assessment of students awareness of the risk factors for melanoma development and preventive measures

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Introduction

Melanoma is a type of cancer that develops from the pigment-containing cells known as melanocytes. These cells are considered to degenerate into melanoma. Melanoma accounts for only about 1% of skin cancers but causes a large majority of skin cancer deaths. Overall, the lifetime risk of getting melanoma is about 2.6% (1 in 38) for whites, 0.1% (1 in 1,000) for blacks. The risk of melanoma increases depending on people's age. On the average it is diagnosed at 63. According to the statistics, the incidence of melanoma in the Republic of Belarus population in 2011-2015 was 7.9 per 100,000. In the morbidity structure of the belarusian female and male population with malignant neoplasms, melanoma made up 22% and 14%, respectively. Aim: to identify the risk factors for the melanoma development, as well as the ways to prevent nevus degeneration in melanoma; to analyze the awareness of the BSMU students about the skin cancer risk and the malignant process initial signs.

Aim of the study

To identify the risk factors for the melanoma development, as well as the ways to prevent nevus degeneration in melanoma; to analyze the awareness of the BSMU students about the skin cancer risk and the malignant process initial signs.

Materials and methods

Verbal communicative methods (questionnaires and analytical study of the results), scientific literature theoretical analysis and generalization.

Results

The survey results and the Belarusian Cancer-register statistical data analysis(including the graphical and linear diagrams)has been carried out. According to the questionnaire data, most of the interviewed students have understood the skin cancer incidence problem relevant for Belarus (67%). 74% of the students have been assured that the asymmetrical shape, irregular borders, changes in color and diameter and also unpleasant sensations in the birthmark field are likely to suggest their malignant degeneration. 94% of the questioned do not attend the solarium, and 91% do not consider them to be the safe way bomb getting sunburn. According to the BSMU students' opinion the main risk factors for getting melanoma are fair skin(46%), unusual moles appearance(65%), a family history of melanoma (8%)and weak-ened immune system(4%). However, only 63% of the respondents know how to protect them-selves from excessive exposure of UV.

Conclusion

The majority of the BSMU interviewed students are aware of the risk factors for skin cancer. But not all information is used to prevent the adverse effects of ultraviolet radiation, which is achievable with the help of well-known and available measures. To prevent the development of melanoma we should reduce sun exposure, watch for abnormal moles by making regular skin self-exam, use sunscreen year-round, wear protective clothing and avoid tanning lamps and beds.