

Mayo Clinic Minute

Do you have these melanoma risk factors?

VIDEO	AUDIO
	Anyone who's in the sun without protection is at risk for melanoma, but some people are in more danger.
Juan-Carlos Martinez, M.D.	"Those that have, if you think about, the least amount of natural protection."
Graphic: Risk factors: Lighter skin tones	Dermatologist Dr. Juan-Carlos Martinez says that natural skin pigmentation is protective against damage caused by UV light. People with less pigment have lighter skin and are more at risk.
Graphic: Blond or red hair Blue or green eyes Prone to sunburn	If you have blond or red hair, blue or green eyes, and you freckle or sunburn easily, you're also more likely to develop melanoma.
Title: Juan-Carlos Martinez, M.D. Dermatology Mayo Clinic	"In addition, certain genetic predispositions can exist."
Graphic: Family history Past sunburns	If someone in your family developed the skin cancer, you can be at a higher risk. The same is true if you've been burned in the past.
Juan-Carlos Martinez, M.D.	"Patients that have had lots of sunburns, particularly in childhood, or patients that have done a lot of indoor tanning can be at very high risk of developing melanoma."
	Dr. Martinez says it's important for people who are at a higher risk to have regular checkups with a dermatologist.
	And everyone should take steps to ensure sun time is safe time.
	For the Mayo Clinic News Network, I'm Jeff Olsen.