

Melanoma



UCSF Helen Diller Family
Comprehensive
Cancer Center

The **UCSF Patient and Family Cancer Support Center** is the hub of support, information and resources for people with cancer at the **Helen Diller Family Comprehensive Cancer Center**. Learn more about UCSF's supportive care programs at <https://cancer.ucsf.edu/support/crc/patient-support-center>

The **Cancer Support Center at Mission Bay** is located at 1825 4th St., 1st Floor, Room M-1210. The **Cancer Support Center at Mt. Zion** is located at 1600 Divisadero St., 1st Floor, Room B-101.

The complete list of Patient Education Resource Pages is available to view at <http://cancer.ucsf.edu/support/crc/patient-education-resources>

Overview

Melanoma is cancer that arises from the pigment-producing cells in the uppermost layer of the skin. These cells are called melanocytes. Melanoma that originates in the skin is called cutaneous melanoma. It also may occur in the eye, a condition called ocular melanoma or intraocular melanoma. In rare cases, melanoma may begin in the digestive tract called meninges, lymph nodes or other parts of the body where there are melanocytes. Ultraviolet radiation, which is present in sunlight and in tanning beds, probably sets off many cases of melanoma by causing genetic damage in melanocytes. Children and adolescents are especially sensitive to the effects of ultraviolet light.

The goal is to recognize melanoma early. Often, the first signs of melanoma are changes in a mole or the appearance of a new colored spot on the skin. When melanoma spreads, cancer cells are found in the lymphatic system. If the disease spreads to other parts of the body, it's called metastatic melanoma. The chance of developing melanoma increases with age, but it affects people of all ages and is one of the most common cancers in young adults. Website: <https://www.ucsfhealth.org/conditions/melanoma>

UCSF Resources

UCSF Melanoma & Skin Cancer Center

The UCSF Melanoma and Skin Cancer Program provides specialized care for patients with all stages of melanoma, from early-stage growths to advanced metastatic cancer, as well as for patients who are healthy but at higher risk of the disease due to family history, genetic mutations or having many abnormal moles. We also care for patients with other types of skin cancer, including squamous cell, basal cell and Merkel cell carcinomas.



Our program is part of the UCSF Helen Diller Family Comprehensive Cancer Center, designated a comprehensive cancer center by the National Cancer Institute. This designation recognizes centers that provide full-spectrum, state-of-the-art cancer care. Website: <https://sarcoma.ucsf.edu/ucsf-sarcoma-center> | Phone Number: 415-885-3800

Publications

Cancer Support Community

- Melanoma
- Metastatic Melanoma
- Your Immune System and Melanoma Treatment

Website: <https://orders.cancersupportcommunity.org>

National Comprehensive Cancer Network “NCCN Guidelines for Patients: Melanoma”

Website: www.nccn.org/patients/guidelines/melanoma

Organizations

AIM at Melanoma

Information, advocacy and research for melanoma. Available in several languages.

Website: www.aimatmelanoma.org

American Cancer Society (ACS) – Melanoma Skin Cancer

At the American Cancer Society, we’re on a mission to free the world from cancer. Until we do, we’ll be funding and conducting research, sharing expert information, supporting patients, and spreading the word about prevention. All so you can live longer — and better.

Website: <https://www.cancer.org/cancer/melanoma-skin-cancer.html> | Phone Number: 800.227.2345

Cancer.Net – Melanoma

This is Cancer.Net’s Guide to Sarcomas, Soft Tissue Sarcomas and Bone Cancer

Website: <https://www.cancer.net/cancer-t%C3%BDpes/melanoma>

Cancer Support Community – Melanoma

As the largest professionally led nonprofit network of cancer support worldwide, the Cancer Support Community is dedicated to ensuring that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Website: <https://www.cancersupportcommunity.org/melanoma> | Phone Number: 888-793-9355



Medline Plus:

MedlinePlus is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH).

Website: <https://medlineplus.gov/melanoma.html>

Melanoma International Foundation

Articles, community forum, web resources, one on one support and more.

Website: <https://melanomainternational.org> | Phone Number: 866 463 6663

Melanoma Research Foundation

Information, education, events, buddy program, helpline, advocacy and more.

Website: www.melanoma.org | Phone Number: 800 673 1290

National Cancer Institute – Skin Cancer

Website: <https://www.cancer.gov/types/skin>

National LGBT Cancer Network

The National LGBT Cancer Network works to improve the lives of LGBT cancer survivors and those at risk by: EDUCATING the LGBT community about our increased cancer risks and the importance of screening and early detection; TRAINING health care providers to offer more culturally-competent, safe and welcoming care; and ADVOCATING for LGBT survivors in mainstream cancer organizations, the media and research.

Website: <https://cancer-network.org/about/> | Phone Number: 212-675-2633

This information is intended to offer credible and reliable education resources for patients who want to learn more about their diagnosis. It is not intended to be a comprehensive list of all resources available.

