

# Melanoma risk declines with self-exams plus doctor visit

August 24 2012

---



Risk of deeper melanomas is reduced with self-examination of the skin one to 11 times a year, according to a study published online Aug. 16 in the *British Journal of Dermatology*.

(HealthDay)—Risk of deeper melanomas is reduced with self-examination of the skin one to 11 times a year, according to a study published online Aug. 16 in the *British Journal of Dermatology*.

Linda J. Titus, Ph.D., from the Dartmouth-Hitchcock Medical Center in Lebanon, N.H., and colleagues analyzed data from a population-based case-control study (423 cases and 678 controls) to assess recent skin self-examination in relation to self-detection, [melanoma](#) risk, and tumor depth.

The researchers found that skin self-examination conducted one to 11 times during a recent year was associated with a possible decrease in melanoma risk (odds ratio [OR], 0.74). For those who conducted skin

self-examination and saw a doctor, the melanoma risk was significantly decreased (OR, 0.54). Among those patients with melanoma, those who examined their skin were twice as likely to self-detect the melanoma (OR, 2.23), but self-detection was not associated with shallower tumors. For those who conducted skin self-examination one to 11 times during a recent year, tumor depth was significantly reduced (OR, 0.39), but was not influenced by seeing a doctor or by conducting skin self-examination combined with seeing a doctor.

"Risk of a deeper [tumor](#) and possibly risk of melanoma were reduced by [skin](#) self-examination one to 11 times annually," the authors write.

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be required\)](#)

Copyright © 2012 [HealthDay](#). All rights reserved.

Citation: Melanoma risk declines with self-exams plus doctor visit (2012, August 24) retrieved 4 May 2024 from <https://medicalxpress.com/news/2012-08-melanoma-declines-self-exams-doctor.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--