

Melanoma: 100-Question Multiple-Choice Quiz

1. What type of cancer is melanoma?

- A. Bone cancer
- B. Skin cancer arising from melanocytes
- C. Lung cancer
- D. Blood cancer

2. Which pigment is produced by melanocytes?

- A. Hemoglobin
- B. Keratin
- C. Melanin
- D. Collagen

3. Which of the following is the greatest environmental risk factor for melanoma?

- A. Air pollution
- B. UV radiation exposure
- C. High salt intake
- D. Noise pollution

4. Which mnemonic is commonly used to evaluate suspicious moles?

- A. FAST
- B. RICE
- C. ABCDE
- D. SOAP

5. What does the "A" in the ABCDE rule represent?

- A. Age
- B. Asymmetry
- C. Appearance
- D. Area

6. What does the "B" in the ABCDE rule represent?

- A. Bleeding
- B. Burning
- C. Border irregularity
- D. Bumpiness

7. What does the "C" in the ABCDE rule stand for?

- A. Color variation
- B. Crusting
- C. Circulation
- D. Cancerous growth

8. What does the "D" in the ABCDE rule usually refer to?

- A. Density
- B. Diameter
- C. Dryness
- D. Depression

9. What does the "E" in the ABCDE rule stand for?

- A. Elevation
- B. Enlargement
- C. Evolving
- D. Erosion

10. Which skin type has the highest melanoma risk?

- A. Very dark skin
- B. Olive skin
- C. Fair skin that burns easily
- D. All skin types have equal risk

11. Which of the following increases melanoma risk?

- A. Frequent sunburns
- B. Wearing sunscreen

- C. Staying indoors
- D. Drinking water

12. What is the most dangerous feature of melanoma?

- A. It is painful
- B. It can metastasize quickly
- C. It always causes fever
- D. It only affects older adults

13. Which body area commonly develops melanoma in men?

- A. Palms
- B. Lower legs
- C. Back
- D. Scalp only

14. Which body area commonly develops melanoma in women?

- A. Lower legs
- B. Abdomen
- C. Ears
- D. Fingernails only

15. Which medical professional specializes in diagnosing melanoma?

- A. Cardiologist
- B. Dermatologist
- C. Nephrologist
- D. Orthopedist

16. Which procedure confirms a melanoma diagnosis?

- A. Blood pressure test
- B. Skin biopsy
- C. Urine test
- D. X-ray alone

17. What is the Breslow depth?

- A. Width of a lesion
- B. Thickness of the melanoma
- C. Number of moles
- D. Age of the lesion

18. Which melanoma type is most common?

- A. Nodular melanoma
- B. Lentigo maligna melanoma
- C. Acral lentiginous melanoma
- D. Superficial spreading melanoma

19. Which melanoma subtype tends to grow vertically and aggressively?

- A. Nodular melanoma
- B. Lentigo maligna melanoma
- C. Superficial spreading melanoma
- D. Desmoplastic melanoma

20. Acral lentiginous melanoma commonly occurs on the:

- A. Face only
- B. Scalp only
- C. Palms, soles, and nail beds
- D. Chest only

21. Which famous musician died from melanoma-related complications?

- A. Elvis Presley
- B. Bob Marley
- C. Prince
- D. David Bowie

22. What is the primary purpose of sunscreen?

- A. Increase tanning speed

- B. Block or absorb UV radiation
- C. Moisturize only
- D. Cool the skin

23. What SPF level is commonly recommended for daily protection?

- A. SPF 5
- B. SPF 10
- C. SPF 30 or higher
- D. SPF 2

24. Tanning beds primarily expose users to:

- A. Infrared rays
- B. UV radiation
- C. X-rays
- D. Gamma rays

25. Which age group can develop melanoma?

- A. Only elderly adults
- B. Only children
- C. People of all ages
- D. Only teenagers

26. What is a dysplastic nevus?

- A. A normal freckle
- B. An atypical mole
- C. A skin infection
- D. A wart

27. Family history of melanoma:

- A. Has no effect on risk
- B. Decreases risk
- C. Increases risk
- D. Eliminates risk

28. Which mutation is commonly associated with melanoma?

- A. BRCA1 only
- B. CFTR
- C. BRAF mutation
- D. APC mutation

29. Sentinel lymph node biopsy is used to:

- A. Measure blood pressure
- B. Detect spread to lymph nodes
- C. Remove freckles
- D. Diagnose diabetes

30. Which stage of melanoma is confined to the epidermis?

- A. Stage IV
- B. Stage III
- C. Melanoma in situ
- D. Metastatic melanoma

31. Stage IV melanoma means:

- A. The lesion is harmless
- B. Cancer has spread to distant organs
- C. The mole disappeared
- D. The skin healed completely

32. Which organ is commonly affected by metastatic melanoma?

- A. Liver
- B. Brain
- C. Lungs
- D. All of the above

33. Which imaging test may help detect melanoma spread?

- A. MRI
- B. CT scan

- C. PET scan
- D. All of the above

34. What is immunotherapy?

- A. A vitamin supplement
- B. Treatment that stimulates the immune system to fight cancer
- C. A surgical procedure
- D. Radiation avoidance

35. Which drug class includes pembrolizumab and nivolumab?

- A. Antibiotics
- B. Steroids
- C. Immune checkpoint inhibitors
- D. Antifungals

36. Which treatment directly removes melanoma lesions?

- A. Surgery
- B. Meditation
- C. Massage therapy
- D. Aromatherapy

37. Wide local excision involves:

- A. Removing only visible pigment
- B. Removing the tumor with surrounding normal tissue
- C. Applying sunscreen
- D. Using laser therapy only

38. Which symptom may suggest advanced melanoma?

- A. Persistent headaches
- B. Weight loss
- C. Enlarged lymph nodes
- D. All of the above

39. What is the best way to detect melanoma early?

- A. Ignore skin changes
- B. Regular skin examinations
- C. Avoid mirrors
- D. Wait for pain

40. Which tool may dermatologists use to examine pigmented lesions?

- A. Stethoscope
- B. Dermatoscope
- C. Reflex hammer
- D. Otoscope

41. Melanoma can occur in:

- A. The eye
- B. The skin
- C. Mucous membranes
- D. All of the above

42. Ocular melanoma affects the:

- A. Retina only
- B. Eye
- C. Ear canal
- D. Nasal cavity

43. Which of the following is NOT a melanoma risk factor?

- A. Numerous moles
- B. UV exposure
- C. Family history
- D. Drinking adequate water

44. Which race has the highest melanoma incidence?

- A. Caucasians
- B. Asians

- C. African Americans
- D. Indigenous populations

45. In darker-skinned individuals, melanoma often occurs on the:

- A. Scalp only
- B. Palms and soles
- C. Nose only
- D. Neck only

46. Which vitamin is produced after sun exposure?

- A. Vitamin A
- B. Vitamin C
- C. Vitamin D
- D. Vitamin K

47. Excessive UV exposure damages:

- A. DNA in skin cells
- B. Bone marrow only
- C. Tooth enamel
- D. Red blood cells exclusively

48. Which melanoma subtype is associated with chronic sun damage?

- A. Lentigo maligna melanoma
- B. Nodular melanoma
- C. Acral melanoma
- D. Amelanotic melanoma

49. Amelanotic melanoma lacks:

- A. Blood supply
- B. Pigment
- C. Nerve endings
- D. Hair follicles

50. Which behavior reduces melanoma risk?

- A. Using tanning beds
- B. Seeking shade during peak sunlight hours
- C. Skipping sunscreen
- D. Repeated sunburns

51. Peak UV radiation hours are usually between:

- A. Midnight and 4 a.m.
- B. 6 a.m. and 8 a.m.
- C. 10 a.m. and 4 p.m.
- D. 7 p.m. and 10 p.m.

52. Which clothing offers the best sun protection?

- A. Dark, tightly woven fabrics
- B. Wet cotton shirts
- C. Thin transparent fabric
- D. Sleeveless mesh tops

53. UPF clothing is designed to:

- A. Increase body heat
- B. Protect against UV radiation
- C. Improve circulation
- D. Repel insects only

54. Which childhood experience significantly raises melanoma risk later in life?

- A. Mild acne
- B. Severe blistering sunburns
- C. Frequent colds
- D. Broken bones

55. Which feature is concerning in a mole?

- A. Stable appearance for years

- B. Sudden growth
- C. Uniform color
- D. Smooth border

56. The "ugly duckling sign" refers to:

- A. A mole that looks different from others
- B. Dry skin patches
- C. Nail fungus
- D. A skin rash

57. What percentage of skin cancer deaths are caused by melanoma?

- A. Very few
- B. Most skin cancer deaths
- C. None
- D. Exactly 10%

58. Which immune cells help fight melanoma?

- A. T lymphocytes
- B. Platelets
- C. Osteocytes
- D. Chondrocytes

59. Which therapy targets specific mutations in melanoma cells?

- A. Targeted therapy
- B. Physical therapy
- C. Speech therapy
- D. Oxygen therapy

60. Which gene is often targeted in melanoma therapy?

- A. BRAF
- B. ABO
- C. LDLR
- D. F8

61. Which of the following is a warning sign of nail melanoma?

- A. Dark streak under the nail
- B. White spots only
- C. Brittle nails from dryness
- D. Nail polish staining

62. Subungual melanoma develops:

- A. Under the nail
- B. In the liver
- C. In the lungs
- D. Inside bones

63. What is metastasis?

- A. Skin hydration
- B. Spread of cancer to other body parts
- C. Hair growth
- D. Immune suppression only

64. Which survival factor is most important in melanoma?

- A. Eye color
- B. Tumor thickness at diagnosis
- C. Height
- D. Blood type

65. Which symptom is common in early melanoma?

- A. Severe pain
- B. Skin lesion changes
- C. High fever
- D. Vomiting

66. Which of the following can resemble melanoma?

- A. Benign moles

- B. Seborrheic keratoses
- C. Pigmented basal cell carcinoma
- D. All of the above

67. Which sunscreen type blocks both UVA and UVB rays?

- A. Broad-spectrum sunscreen
- B. Moisturizer only
- C. Tanning oil
- D. Baby powder

68. UVA rays primarily contribute to:

- A. Skin aging and cancer risk
- B. Bone fractures
- C. Kidney stones
- D. Hearing loss

69. UVB rays are strongly associated with:

- A. Tooth decay
- B. Sunburns
- C. Hair growth
- D. Joint pain

70. Which of the following should be avoided to lower melanoma risk?

- A. Protective clothing
- B. Indoor tanning
- C. Sunscreen
- D. Skin examinations

71. What is the recommended frequency for reapplying sunscreen during outdoor activity?

- A. Every 10 hours
- B. Every 2 hours
- C. Once weekly

D. Only after sunset

72. Which melanoma type may appear blue-black?

- A. Nodular melanoma
- B. Eczema
- C. Psoriasis
- D. Vitiligo

73. Which population has lower melanoma incidence but often later diagnosis?

- A. Fair-skinned populations
- B. Darker-skinned populations
- C. Children only
- D. Red-haired individuals only

74. Which symptom may occur with brain metastases from melanoma?

- A. Headaches
- B. Seizures
- C. Neurological deficits
- D. All of the above

75. Which factor increases melanoma risk the most?

- A. Occasional shade use
- B. Intense intermittent UV exposure
- C. Drinking tea
- D. Wearing hats

76. Melanoma cells originate from:

- A. Keratinocytes
- B. Fibroblasts
- C. Melanocytes
- D. Muscle cells

77. Which layer of the skin contains melanocytes?

- A. Dermis only
- B. Epidermis basal layer
- C. Subcutaneous fat only
- D. Tendons

78. Which test may identify BRAF mutations?

- A. Genetic tumor testing
- B. Hearing test
- C. Urinalysis
- D. ECG

79. Which treatment combination is commonly used for BRAF-mutant melanoma?

- A. Antibiotics and antifungals
- B. BRAF and MEK inhibitors
- C. Vitamins and minerals
- D. Antihistamines only

80. Which lifestyle practice helps monitor melanoma risk?

- A. Monthly self-skin examinations
- B. Ignoring skin lesions
- C. Excessive tanning
- D. Avoiding medical care

81. Which finding is LEAST suspicious for melanoma?

- A. Uniform color
- B. Rapid evolution
- C. Irregular borders
- D. Multiple colors

82. Which lesion size is traditionally concerning in the ABCDE rule?

- A. Larger than 6 mm

- B. Smaller than 1 mm
- C. Exactly 2 mm
- D. Any size is always benign

83. Which population should especially avoid tanning beds?

- A. Teenagers and young adults
- B. Adults over 90 only
- C. Infants only
- D. Athletes only

84. Which sunscreen ingredient type reflects UV radiation?

- A. Physical mineral blockers
- B. Sugar molecules
- C. Protein powders
- D. Electrolytes

85. Which melanoma subtype often appears as a flat spreading lesion?

- A. Superficial spreading melanoma
- B. Nodular melanoma
- C. Kaposi sarcoma
- D. Merkel cell carcinoma

86. Which symptom can occur in melanoma lesions?

- A. Itching
- B. Bleeding
- C. Crusting
- D. All of the above

87. Which statement about melanoma is TRUE?

- A. It never spreads
- B. Early detection improves survival
- C. Sunscreen causes melanoma
- D. Only older men develop melanoma

88. Which healthcare recommendation is important for high-risk individuals?

- A. Routine dermatologic screening
- B. Daily tanning
- C. Ignoring moles
- D. Avoiding sunscreen

89. What is the role of lymph nodes in melanoma?

- A. They can trap spreading cancer cells
- B. They produce melanin
- C. They strengthen bones
- D. They digest fats

90. Which melanoma treatment may cause immune-related side effects?

- A. Immunotherapy
- B. Soap
- C. Physical exercise
- D. Massage

91. Which organ system is commonly monitored during immunotherapy?

- A. Endocrine system
- B. Gastrointestinal system
- C. Liver function
- D. All of the above

92. Which term describes melanoma recurrence after treatment?

- A. Relapse
- B. Fracture
- C. Infection
- D. Hydration

93. What is one benefit of early-stage melanoma surgery?

- A. Often curative
- B. Always requires chemotherapy
- C. Causes metastasis
- D. Prevents all illnesses

94. Which characteristic is common in benign moles?

- A. Symmetry
- B. Rapid growth
- C. Multiple irregular colors
- D. Bleeding

95. Which public health strategy helps reduce melanoma incidence?

- A. UV safety education
- B. Promoting tanning beds
- C. Discouraging sunscreen
- D. Ignoring sunburns

96. Which type of radiation is most linked to melanoma?

- A. Ultraviolet radiation
- B. Radio waves
- C. Ultrasound
- D. Microwaves

97. What is the purpose of follow-up appointments after melanoma treatment?

- A. Monitor for recurrence
- B. Remove all freckles
- C. Improve eyesight
- D. Treat tooth decay

98. Which factor may worsen melanoma prognosis?

- A. Early diagnosis

- B. Thin lesion depth
- C. Ulceration of the tumor
- D. Complete surgical removal

99. Which statement about melanoma prevention is correct?

- A. Prevention is impossible
- B. UV protection reduces risk
- C. Tanning beds are safe alternatives
- D. Sunscreen eliminates all risk

100. What is the key message regarding melanoma?

- A. It should always be ignored
- B. Early detection and prevention save lives
- C. Only doctors should look at skin changes
- D. Melanoma is never serious