

Melanoma: 100-Question Multiple-Choice Quiz with Answers

1. What type of cancer is melanoma?

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

Answer: B. Skin cancer arising from melanocytes

Explanation: Melanoma develops from melanocytes, the pigment-producing cells responsible for skin color. It is considered the most dangerous form of skin cancer because it can spread rapidly.

2. Which pigment is produced by melanocytes?

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

Answer: C. Melanin

Explanation: Melanocytes produce melanin, the pigment that gives color to the skin, hair, and eyes and helps protect against ultraviolet (UV) radiation.

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

Answer: B. UV radiation exposure

Explanation: Excessive exposure to ultraviolet radiation from sunlight or tanning beds significantly increases melanoma risk.

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

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

Answer: C. ABCDE

Explanation: The ABCDE rule stands for Asymmetry, Border irregularity, Color variation, Diameter, and Evolving changes.

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

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

Answer: B. Asymmetry

Explanation: In melanoma screening, asymmetry means one half of the mole does not match the other half.

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

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

Answer: C. Border irregularity

Explanation: Melanomas often have uneven, ragged, or blurred borders.

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

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

Answer: A. Color variation

Explanation: Melanomas may contain multiple colors such as brown, black, red, white, or blue.

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

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

Answer: B. Diameter

Explanation: Melanomas are often larger than 6 mm, though they can be smaller.

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

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

Answer: C. Evolving

Explanation: Any change in a mole's size, shape, color, or symptoms is concerning.

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

Answer: C. Fair skin that burns easily

Explanation: Individuals with fair skin, light eyes, and light hair are at higher risk because they have less natural UV protection.

11. Which of the following increases melanoma risk?

- A. Frequent sunburns
- B. Wearing sunscreen
- C. Staying indoors
- D. Drinking water

Answer: A. Frequent sunburns

Explanation: Repeated severe sunburns, especially during childhood, greatly increase melanoma risk.

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

Answer: B. It can metastasize quickly

Explanation: Melanoma can spread to lymph nodes and distant organs if not detected early.

13. Which body area commonly develops melanoma in men?

- A. Palms
- B. Lower legs
- C. Back

D. Scalp only

Answer: C. Back

Explanation: In men, melanomas commonly occur on the trunk and back.

14. Which body area commonly develops melanoma in women?

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

Answer: A. Lower legs

Explanation: Women frequently develop melanoma on the legs.

15. Which medical professional specializes in diagnosing melanoma?

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

Answer: B. Dermatologist

Explanation: Dermatologists specialize in skin conditions, including melanoma.

16. Which procedure confirms a melanoma diagnosis?

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

Answer: B. Skin biopsy

Explanation: A biopsy involves removing tissue for microscopic examination.

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

Answer: B. Thickness of the melanoma

Explanation: Breslow depth measures how deeply melanoma penetrates the skin and helps determine prognosis.

18. Which melanoma type is most common?

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

Answer: D. Superficial spreading melanoma

Explanation: Superficial spreading melanoma accounts for most melanoma cases.

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

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

Answer: A. Nodular melanoma

Explanation: Nodular melanoma often grows rapidly downward into the skin.

20. Acral lentiginous melanoma commonly occurs on the:

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

Answer: C. Palms, soles, and nail beds

Explanation: This subtype often appears in areas not heavily exposed to sunlight.

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

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

Answer: B. Bob Marley

Explanation: Bob Marley died from acral lentiginous melanoma that began under a toenail.

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

Answer: B. Block or absorb UV radiation

Explanation: Sunscreen helps reduce skin damage caused by ultraviolet radiation.

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

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

Answer: C. SPF 30 or higher

Explanation: SPF 30 blocks approximately 97% of UVB rays when applied properly.

24. Tanning beds primarily expose users to:

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

Answer: B. UV radiation

Explanation: Tanning beds emit UV radiation that increases melanoma risk.

25. Which age group can develop melanoma?

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

Answer: C. People of all ages

Explanation: Melanoma can occur at any age, though risk increases with age.

26. What is a dysplastic nevus?

- A. A normal freckle
- B. An atypical mole

- C. A skin infection
- D. A wart

Answer: B. An atypical mole

Explanation: Dysplastic nevi are unusual-looking moles associated with higher melanoma risk.

27. Family history of melanoma:

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

Answer: C. Increases risk

Explanation: Genetics can contribute significantly to melanoma susceptibility.

28. Which mutation is commonly associated with melanoma?

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

Answer: C. BRAF mutation

Explanation: BRAF mutations occur in many melanomas and are targets for therapy.

29. Sentinel lymph node biopsy is used to:

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

Answer: B. Detect spread to lymph nodes

Explanation: The procedure helps determine whether melanoma has spread beyond the skin.

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

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

Answer: C. Melanoma in situ

Explanation: Melanoma in situ has not invaded deeper skin layers.

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

Answer: B. Cancer has spread to distant organs

Explanation: Stage IV melanoma indicates distant metastasis.

32. Which organ is commonly affected by metastatic melanoma?

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

Answer: D. All of the above

Explanation: Advanced melanoma commonly spreads to the lungs, liver, brain, and other organs.

33. Which imaging test may help detect melanoma spread?

- A. MRI
- B. CT scan
- C. PET scan
- D. All of the above

Answer: D. All of the above

Explanation: Imaging studies help evaluate metastatic disease.

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

Answer: B. Treatment that stimulates the immune system to fight cancer

Explanation: Immunotherapy helps the immune system recognize and destroy melanoma cells.

35. Which drug class includes pembrolizumab and nivolumab?

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

Answer: C. Immune checkpoint inhibitors

Explanation: These medications block PD-1 pathways, helping immune cells attack melanoma.

36. Which treatment directly removes melanoma lesions?

- A. Surgery

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

Answer: A. Surgery

Explanation: Surgical excision is the primary treatment for localized melanoma.

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

Answer: B. Removing the tumor with surrounding normal tissue

Explanation: A margin of healthy tissue is removed to reduce recurrence risk.

38. Which symptom may suggest advanced melanoma?

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

Answer: D. All of the above

Explanation: Metastatic melanoma may cause systemic symptoms depending on spread.

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

Answer: B. Regular skin examinations

Explanation: Self-exams and professional skin checks improve early detection.

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

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

Answer: B. Dermatoscope

Explanation: Dermoscopy improves visualization of skin structures.

41. Melanoma can occur in:

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

Answer: D. All of the above

Explanation: Melanoma may arise in various melanocyte-containing tissues.

42. Ocular melanoma affects the:

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

Answer: B. Eye

Explanation: Ocular melanoma develops in melanocytes within the eye.

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

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

Answer: D. Drinking adequate water

Explanation: Hydration is important for health but is not a melanoma risk factor.

44. Which race has the highest melanoma incidence?

- A. Caucasians
- B. Asians
- C. African Americans
- D. Indigenous populations

Answer: A. Caucasians

Explanation: Melanoma incidence is highest in people with lighter skin.

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

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

Answer: B. Palms and soles

Explanation: Acral lentiginous melanoma is more common in darker-skinned populations.

46. Which vitamin is produced after sun exposure?

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

Answer: C. Vitamin D

Explanation: UVB radiation stimulates vitamin D production in the skin.

47. Excessive UV exposure damages:

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

Answer: A. DNA in skin cells

Explanation: DNA damage can lead to mutations that promote melanoma.

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

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

Answer: A. Lentigo maligna melanoma

Explanation: This subtype often develops on sun-damaged skin in older adults.

49. Amelanotic melanoma lacks:

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

Answer: B. Pigment

Explanation: Amelanotic melanomas may appear pink or flesh-colored instead of dark.

50. Which behavior reduces melanoma risk?

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

Answer: B. Seeking shade during peak sunlight hours

Explanation: Limiting UV exposure lowers melanoma risk.

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.

Answer: C. 10 a.m. and 4 p.m.

Explanation: UV radiation is strongest during midday hours.

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

Answer: A. Dark, tightly woven fabrics

Explanation: Dense fabrics block more UV radiation.

53. UPF clothing is designed to:

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

Answer: B. Protect against UV radiation

Explanation: UPF stands for Ultraviolet Protection Factor.

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

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

Answer: B. Severe blistering sunburns

Explanation: Childhood UV damage has long-term consequences.

55. Which feature is concerning in a mole?

- A. Stable appearance for years
- B. Sudden growth
- C. Uniform color
- D. Smooth border

Answer: B. Sudden growth

Explanation: Rapid changes in a mole should be evaluated promptly.

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

Answer: A. A mole that looks different from others

Explanation: A lesion that stands out from a person’s other moles may indicate melanoma.

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

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

Answer: B. Most skin cancer deaths

Explanation: Although less common than other skin cancers, melanoma causes most skin cancer-related deaths.

58. Which immune cells help fight melanoma?

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

Answer: A. T lymphocytes

Explanation: T cells play a major role in antitumor immunity.

59. Which therapy targets specific mutations in melanoma cells?

- A. Targeted therapy

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

Answer: A. Targeted therapy

Explanation: Targeted drugs attack cancer cells with specific genetic mutations.

60. Which gene is often targeted in melanoma therapy?

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

Answer: A. BRAF

Explanation: BRAF inhibitors can slow tumor growth in mutation-positive melanoma.

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

Answer: A. Dark streak under the nail

Explanation: A persistent pigmented streak may indicate subungual melanoma.

62. Subungual melanoma develops:

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

Answer: A. Under the nail

Explanation: "Subungual" means beneath the nail plate.

63. What is metastasis?

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

Answer: B. Spread of cancer to other body parts

Explanation: Metastasis occurs when cancer cells travel through blood or lymphatic systems.

64. Which survival factor is most important in melanoma?

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

Answer: B. Tumor thickness at diagnosis

Explanation: Thinner melanomas generally have a much better prognosis.

65. Which symptom is common in early melanoma?

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

Answer: B. Skin lesion changes

Explanation: Early melanomas often appear as changing moles or pigmented spots.

66. Which of the following can resemble melanoma?

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

Answer: D. All of the above

Explanation: Many skin lesions can mimic melanoma clinically.

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

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

Answer: A. Broad-spectrum sunscreen

Explanation: Broad-spectrum products protect against multiple forms of UV radiation.

68. UVA rays primarily contribute to:

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

Answer: A. Skin aging and cancer risk

Explanation: UVA rays penetrate deeply and contribute to aging and melanoma risk.

69. UVB rays are strongly associated with:

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

Answer: B. Sunburns

Explanation: UVB radiation is a major cause of sunburn and skin damage.

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

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

Answer: B. Indoor tanning

Explanation: Indoor tanning significantly increases melanoma risk.

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

Answer: B. Every 2 hours

Explanation: Sunscreen effectiveness decreases over time and with sweating or swimming.

72. Which melanoma type may appear blue-black?

- A. Nodular melanoma

- B. Eczema
- C. Psoriasis
- D. Vitiligo

Answer: A. Nodular melanoma

Explanation: Nodular melanomas often appear dark and raised.

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

Answer: B. Darker-skinned populations

Explanation: Melanoma is less common but may be detected later in darker-skinned individuals.

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

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

Answer: D. All of the above

Explanation: Brain metastases can cause multiple neurological symptoms.

75. Which factor increases melanoma risk the most?

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

D. Wearing hats

Answer: B. Intense intermittent UV exposure

Explanation: Intense UV exposure and sunburns are strongly linked to melanoma.

76. Melanoma cells originate from:

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

Answer: C. Melanocytes

Explanation: Melanocytes are pigment-producing cells found in the epidermis.

77. Which layer of the skin contains melanocytes?

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

Answer: B. Epidermis basal layer

Explanation: Melanocytes are primarily located in the basal layer of the epidermis.

78. Which test may identify BRAF mutations?

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

Answer: A. Genetic tumor testing

Explanation: Molecular testing helps identify mutations useful for targeted treatment.

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

Answer: B. BRAF and MEK inhibitors

Explanation: Combining BRAF and MEK inhibitors improves outcomes and reduces resistance.

80. Which lifestyle practice helps monitor melanoma risk?

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

Answer: A. Monthly self-skin examinations

Explanation: Regular self-exams can identify suspicious changes early.

81. Which finding is LEAST suspicious for melanoma?

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

Answer: A. Uniform color

Explanation: Benign moles are more likely to have a uniform appearance.

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

Answer: A. Larger than 6 mm

Explanation: Diameter greater than 6 mm is a traditional warning sign.

83. Which population should especially avoid tanning beds?

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

Answer: A. Teenagers and young adults

Explanation: Early tanning bed exposure significantly raises melanoma risk.

84. Which sunscreen ingredient type reflects UV radiation?

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

Answer: A. Physical mineral blockers

Explanation: Zinc oxide and titanium dioxide physically block UV rays.

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

Answer: A. Superficial spreading melanoma

Explanation: This subtype commonly spreads horizontally before deeper invasion.

86. Which symptom can occur in melanoma lesions?

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

Answer: D. All of the above

Explanation: Symptomatic lesions may indicate concerning changes.

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

Answer: B. Early detection improves survival

Explanation: Early-stage melanomas are highly treatable.

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

- A. Routine dermatologic screening

- B. Daily tanning
- C. Ignoring moles
- D. Avoiding sunscreen

Answer: A. Routine dermatologic screening

Explanation: High-risk individuals benefit from professional skin monitoring.

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

Answer: A. They can trap spreading cancer cells

Explanation: Melanoma often spreads first through lymphatic channels.

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

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

Answer: A. Immunotherapy

Explanation: Immune checkpoint inhibitors can trigger inflammation in normal organs.

91. Which organ system is commonly monitored during immunotherapy?

- A. Endocrine system
- B. Gastrointestinal system

- C. Liver function
- D. All of the above

Answer: D. All of the above

Explanation: Immunotherapy can affect multiple organ systems.

92. Which term describes melanoma recurrence after treatment?

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

Answer: A. Relapse

Explanation: Relapse means the melanoma has returned after treatment.

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

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

Answer: A. Often curative

Explanation: Localized melanoma can often be cured surgically.

94. Which characteristic is common in benign moles?

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

Answer: A. Symmetry

Explanation: Benign moles are usually symmetrical and evenly colored.

95. Which public health strategy helps reduce melanoma incidence?

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

Answer: A. UV safety education

Explanation: Public awareness campaigns encourage protective behaviors.

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

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

Answer: A. Ultraviolet radiation

Explanation: UV exposure damages DNA and increases melanoma risk.

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

Answer: A. Monitor for recurrence

Explanation: Regular follow-up helps detect recurrent or new melanomas early.

98. Which factor may worsen melanoma prognosis?

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

Answer: C. Ulceration of the tumor

Explanation: Ulceration is associated with more aggressive disease.

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

Answer: B. UV protection reduces risk

Explanation: Protective behaviors significantly reduce melanoma risk, though no method eliminates risk completely.

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

Answer: B. Early detection and prevention save lives

Explanation: Awareness, UV protection, and prompt medical evaluation greatly improve outcomes in melanoma.