

100-Question Multiple-Choice Quiz About Skin Cancer

1. What is the most common type of skin cancer?

- A. Melanoma
- B. Basal cell carcinoma
- C. Sarcoma
- D. Lymphoma

2. Which skin cancer is considered the deadliest?

- A. Basal cell carcinoma
- B. Squamous cell carcinoma
- C. Melanoma
- D. Actinic keratosis

3. What is the primary cause of most skin cancers?

- A. Poor diet
- B. UV radiation exposure
- C. Lack of sleep
- D. Bacterial infection

4. Which of the following increases skin cancer risk the most?

- A. Wearing hats
- B. Frequent sunscreen use
- C. Indoor tanning
- D. Drinking water

5. Which skin cancer often appears as a pearly bump?

- A. Melanoma
- B. Basal cell carcinoma
- C. Eczema
- D. Psoriasis

6. Which layer of skin contains melanocytes?

- A. Epidermis
- B. Dermis
- C. Hypodermis
- D. Muscle tissue

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

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

8. What does the "B" in ABCDE stand for?

- A. Bleeding
- B. Burning
- C. Border irregularity
- D. Brown color

9. What does the "C" in ABCDE represent?

- A. Crusting
- B. Color variation
- C. Cancerous
- D. Circle shape

10. What does the "D" in ABCDE represent?

- A. Diameter
- B. Dryness
- C. Depth
- D. Darkness

11. What does the "E" in ABCDE stand for?

- A. Elevation
- B. Evolution
- C. Expansion
- D. Exposure

12. Which population has the highest melanoma risk?

- A. People with darker skin
- B. People with fair skin
- C. Infants
- D. Athletes only

13. Which vitamin is produced when skin is exposed to sunlight?

- A. Vitamin A
- B. Vitamin B12
- C. Vitamin C
- D. Vitamin D

14. Which sunscreen SPF is generally recommended?

- A. SPF 5
- B. SPF 10
- C. SPF 30 or higher
- D. SPF 15 only

15. How often should sunscreen usually be reapplied?

- A. Every 30 minutes
- B. Every 2 hours
- C. Once daily
- D. Every 6 hours

16. Which UV rays are most associated with skin aging?

- A. UVA
- B. UVB
- C. UVC
- D. Infrared

17. Which UV rays are primarily responsible for sunburn?

- A. UVA

- B. UVB
- C. UVC
- D. Gamma rays

18. Which skin cancer can develop from actinic keratosis?

- A. Basal cell carcinoma
- B. Squamous cell carcinoma
- C. Melanoma
- D. Kaposi sarcoma

19. What color are melanomas often?

- A. Blue only
- B. Uniform tan
- C. Multi-colored
- D. White only

20. Where does melanoma commonly occur in men?

- A. Legs
- B. Scalp only
- C. Back
- D. Hands only

21. Where does melanoma commonly occur in women?

- A. Legs
- B. Chest
- C. Neck
- D. Ears

22. What is a biopsy?

- A. Blood pressure test
- B. Removal of tissue for examination
- C. X-ray procedure
- D. Allergy screening

23. Which professional commonly diagnoses skin cancer?

- A. Cardiologist
- B. Neurologist
- C. Dermatologist
- D. Dentist

24. What is Mohs surgery used for?

- A. Eye surgery
- B. Precise skin cancer removal
- C. Bone repair
- D. Dental extraction

25. Which factor increases melanoma risk?

- A. Many moles
- B. Drinking coffee
- C. Exercise
- D. Wearing sunglasses

26. What is metastasis?

- A. Skin hydration
- B. Cancer spreading to other body parts
- C. Mole removal
- D. Immune response

27. Which type of skin cancer grows the fastest?

- A. Basal cell carcinoma
- B. Melanoma
- C. Actinic keratosis
- D. Wart

28. Which is NOT a warning sign of skin cancer?

- A. Changing mole
- B. Bleeding sore

- C. Persistent scab
- D. Temporary goosebumps

29. What does SPF stand for?

- A. Sun Protection Factor
- B. Skin Prevention Formula
- C. Solar Protection Frequency
- D. Skin Pigment Formula

30. What time is sun exposure usually strongest?

- A. 6 a.m.–8 a.m.
- B. 10 a.m.–4 p.m.
- C. 5 p.m.–7 p.m.
- D. Midnight

31. Which skin cancer rarely spreads but can damage nearby tissue?

- A. Basal cell carcinoma
- B. Melanoma
- C. Leukemia
- D. Lymphoma

32. Which skin cancer may appear as a scaly red patch?

- A. Melanoma
- B. Squamous cell carcinoma
- C. Acne
- D. Rosacea

33. What tool may dermatologists use to examine moles closely?

- A. Thermometer
- B. Stethoscope
- C. Dermatoscope
- D. MRI scanner

34. Can people with darker skin develop skin cancer?

- A. No
- B. Only melanoma
- C. Yes
- D. Only in old age

35. Which body part often gets overlooked during skin checks?

- A. Scalp
- B. Arms
- C. Nose
- D. Cheeks

36. What is actinic keratosis caused by?

- A. Viral infection
- B. UV exposure
- C. Cold weather
- D. Stress

37. Which clothing offers better UV protection?

- A. Dark tightly woven fabric
- B. Thin white fabric
- C. Wet cotton
- D. Sleeveless mesh

38. What is immunotherapy?

- A. Surgery
- B. Treatment boosting the immune system against cancer
- C. Radiation only
- D. Vitamin therapy

39. Which gene mutations are commonly linked to melanoma?

- A. BRCA only
- B. BRAF mutations

- C. CFTR mutations
- D. APC mutations

40. Can skin cancer occur in areas not exposed to the sun?

- A. Never
- B. Rarely
- C. Yes
- D. Only in children

41. What is the survival rate for early melanoma generally like?

- A. Very low
- B. Moderate
- C. High
- D. Unknown

42. Which behavior helps prevent skin cancer?

- A. Tanning beds
- B. Sunscreen use
- C. Smoking
- D. Skipping hats

43. What is a common sign of squamous cell carcinoma?

- A. Smooth blue mole
- B. Firm red nodule
- C. Temporary rash
- D. Freckle disappearance

44. Which age group can develop melanoma?

- A. Elderly only
- B. Adults only
- C. Any age
- D. Teenagers only

45. What is broad-spectrum sunscreen?

- A. Blocks visible light only
- B. Protects against UVA and UVB rays
- C. Waterproof only
- D. Oil-free sunscreen

46. Which skin cancer is most linked to chronic sun exposure?

- A. Squamous cell carcinoma
- B. Migraine
- C. Psoriasis
- D. Vitiligo

47. What is one symptom of advanced melanoma?

- A. Enlarged lymph nodes
- B. Improved vision
- C. Hair growth
- D. Tooth pain only

48. Can sunscreen expire?

- A. No
- B. Yes
- C. Only spray sunscreen
- D. Only in winter

49. Which is safer for tanning?

- A. Tanning beds
- B. Spray tans
- C. UV lamps
- D. Sunburning first

50. How often should adults perform skin self-exams?

- A. Daily
- B. Weekly
- C. Monthly

D. Never

51. Which skin cancer is linked to HPV in some cases?

- A. Basal cell carcinoma
- B. Squamous cell carcinoma
- C. Melanoma
- D. Fibroma

52. What is the purpose of staging cancer?

- A. Determine hair type
- B. Measure spread and severity
- C. Test allergies
- D. Check blood sugar

53. Which treatment uses high-energy rays?

- A. Chemotherapy
- B. Radiation therapy
- C. Cryotherapy
- D. Immunotherapy

54. What is cryotherapy?

- A. Heat treatment
- B. Freezing abnormal tissue
- C. Massage therapy
- D. Laser eye surgery

55. Which sunscreen ingredient blocks UV physically?

- A. Zinc oxide
- B. Alcohol
- C. Fragrance
- D. Retinol

56. What is one sign of nail melanoma?

- A. White spots only
- B. Dark streak under nail
- C. Smooth nail growth
- D. Thick cuticles

57. What is albinism associated with?

- A. Increased melanin
- B. Reduced melanin and higher UV sensitivity
- C. Viral infection
- D. Hair loss only

58. Which weather condition still allows UV exposure?

- A. Cloudy weather
- B. Snow only
- C. Rain only
- D. Wind only

59. What is one benefit of early skin cancer detection?

- A. Less effective treatment
- B. Higher cure rates
- C. More pain
- D. Longer hospital stays

60. What should you do if a mole changes suddenly?

- A. Ignore it
- B. Scratch it
- C. See a dermatologist
- D. Cover with makeup only

61. Which skin cancer often bleeds easily?

- A. Basal cell carcinoma
- B. Acne
- C. Eczema
- D. Freckles

62. What is lentigo maligna melanoma?

- A. Benign mole
- B. Melanoma subtype linked to sun damage
- C. Viral wart
- D. Fungal infection

63. What is a risk factor for skin cancer?

- A. Family history
- B. Wearing sunscreen
- C. Staying indoors
- D. Hydration

64. What is UV index used for?

- A. Measuring humidity
- B. Measuring UV radiation strength
- C. Predicting snow
- D. Measuring pollution only

65. Which skin cancer may look like a non-healing sore?

- A. Basal cell carcinoma
- B. Migraine
- C. Allergy
- D. Bruise

66. What type of hat offers best sun protection?

- A. Baseball cap
- B. Wide-brimmed hat
- C. Visor only
- D. Knit cap

67. Can children get skin cancer?

- A. No

- B. Rarely but yes
- C. Only infants
- D. Only teenagers

68. What color clothing reflects more sunlight?

- A. Black
- B. Dark blue
- C. White
- D. Brown

69. Which skin cancer develops from pigment cells?

- A. Melanoma
- B. SCC
- C. BCC
- D. Actinic keratosis

70. What is one common melanoma symptom?

- A. Itching mole
- B. Sneezing
- C. Joint swelling only
- D. Ear infection

71. What is a sentinel lymph node biopsy?

- A. Eye test
- B. Test checking cancer spread to lymph nodes
- C. Blood pressure exam
- D. Bone scan only

72. Which occupation may increase skin cancer risk?

- A. Office clerk
- B. Outdoor construction worker
- C. Librarian
- D. Accountant

73. Which sunscreen form can be effective?

- A. Lotion
- B. Spray
- C. Stick
- D. All of the above

74. What is one sign of advanced SCC?

- A. Small freckle only
- B. Enlarged lesion and pain
- C. Improved skin tone
- D. Temporary dryness

75. Which skin cancer is least likely to metastasize?

- A. Melanoma
- B. Basal cell carcinoma
- C. SCC
- D. Merkel cell carcinoma

76. What does genetic testing sometimes identify in melanoma?

- A. Hair texture
- B. Mutations affecting treatment
- C. Blood type only
- D. Bone density

77. What is targeted therapy?

- A. General exercise plan
- B. Treatment attacking specific cancer mutations
- C. Massage treatment
- D. UV therapy

78. What should be applied before going outdoors?

- A. Sunscreen
- B. Cooking oil

- C. Soap
- D. Perfume

79. Can skin cancer recur after treatment?

- A. Never
- B. Yes
- C. Only in children
- D. Only after surgery

80. Which factor lowers skin cancer risk?

- A. Shade use
- B. Indoor tanning
- C. Sunburns
- D. Skipping sunscreen

81. What is one warning sign of melanoma?

- A. Mole with uneven colors
- B. Temporary redness after exercise
- C. Dry lips
- D. Muscle cramps

82. Which body area often receives high UV exposure?

- A. Soles only
- B. Face
- C. Armpits only
- D. Tongue only

83. What is a common texture of SCC?

- A. Velvety smooth
- B. Rough and scaly
- C. Watery
- D. Transparent

84. What should sunglasses ideally block?

- A. Blue light only
- B. UVA and UVB rays
- C. Infrared only
- D. Wind only

85. What is one reason tanning beds are dangerous?

- A. They emit UV radiation
- B. They reduce vitamin D
- C. They cool the skin
- D. They prevent burns

86. What is Merkel cell carcinoma?

- A. Common harmless mole
- B. Rare aggressive skin cancer
- C. Viral rash
- D. Fungal disease

87. Which skin cancer is strongly associated with intermittent intense sun exposure?

- A. Melanoma
- B. SCC
- C. Eczema
- D. Acne

88. How can mirrors help during skin checks?

- A. Measure blood pressure
- B. View hard-to-see areas
- C. Improve tanning
- D. Reduce UV rays

89. What is one characteristic of nodular melanoma?

- A. Flat pale patch only
- B. Raised dark bump

- C. White flaky rash
- D. Circular scar

90. Why should lips be protected from the sun?

- A. Lips cannot burn
- B. Lips can develop skin cancer
- C. Sunscreen tastes good
- D. Lips absorb no UV

91. What SPF lip balm is recommended?

- A. SPF 2
- B. SPF 5
- C. SPF 30 or higher
- D. No SPF needed

92. What is one benefit of UPF clothing?

- A. Waterproof only
- B. Built-in UV protection
- C. Reduces sweating only
- D. Heavier fabric only

93. Which technology may help detect skin cancer early?

- A. AI-assisted imaging
- B. Typewriters
- C. Radio antennas
- D. Cooking thermometers

94. What is one symptom of metastatic melanoma?

- A. Persistent cough
- B. Better hearing
- C. Faster nail growth
- D. Improved balance only

95. Which sunscreen application mistake is common?

- A. Applying too little
- B. Reapplying often
- C. Wearing hats
- D. Using shade

96. What is one purpose of follow-up appointments after treatment?

- A. Check for recurrence
- B. Improve hair growth
- C. Increase tanning
- D. Reduce hydration

97. Which factor can weaken skin cancer protection?

- A. Immune suppression
- B. Healthy diet
- C. Shade
- D. Hats

98. Can skin cancer appear as a new mole?

- A. No
- B. Yes
- C. Only in seniors
- D. Only in children

99. Which is the best strategy for preventing skin cancer?

- A. Combined sun protection methods
- B. Tanning weekly
- C. Avoiding water
- D. Ignoring UV index

100. Why is education about skin cancer important?

- A. It reduces awareness
- B. It promotes early detection and prevention
- C. It increases UV exposure

D. It prevents hydration