

## 100-Question Multiple-Choice Quiz About Skin Cancer with Answers

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

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

Answer: B. Basal cell carcinoma

Explanation: Basal cell carcinoma is the most common skin cancer and usually grows slowly.

2. Which skin cancer is considered the deadliest?

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

Answer: C. Melanoma

Explanation: Melanoma spreads more aggressively than other skin cancers and can become life-threatening.

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

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

Answer: B. UV radiation exposure

Explanation: Ultraviolet (UV) rays from the sun or tanning beds damage skin cells and increase cancer risk.

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

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

Answer: C. Indoor tanning

Explanation: Tanning beds emit harmful UV radiation that significantly raises skin cancer risk.

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

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

Answer: B. Basal cell carcinoma

Explanation: Basal cell carcinoma commonly presents as a shiny or pearly bump.

6. Which layer of skin contains melanocytes?

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

Answer: A. Epidermis

Explanation: Melanocytes are found in the epidermis and produce melanin pigment.

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

- A. Aging

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

Answer: B. Asymmetry

Explanation: One half of a suspicious mole does not match the other half.

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

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

Answer: C. Border irregularity

Explanation: Uneven or poorly defined borders may indicate melanoma.

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

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

Answer: B. Color variation

Explanation: Multiple colors within a mole can be a melanoma warning sign.

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

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

Answer: A. Diameter

Explanation: Melanomas are often larger than 6 mm.

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

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

Answer: B. Evolution

Explanation: Changes in size, shape, or color are concerning signs.

12. Which population has the highest melanoma risk?

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

Answer: B. People with fair skin

Explanation: Fair skin has less melanin protection against UV rays.

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

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

Answer: D. Vitamin D

Explanation: UVB rays trigger vitamin D production in the skin.

14. Which sunscreen SPF is generally recommended?

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

Answer: C. SPF 30 or higher

Explanation: SPF 30 blocks about 97% of UVB rays.

15. How often should sunscreen usually be reapplied?

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

Answer: B. Every 2 hours

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

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

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

Answer: A. UVA

Explanation: UVA rays penetrate deeper and contribute to premature aging.

17. Which UV rays are primarily responsible for sunburn?

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

D. Gamma rays

Answer: B. UVB

Explanation: UVB rays damage the skin surface and cause sunburn.

18. Which skin cancer can develop from actinic keratosis?

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

Answer: B. Squamous cell carcinoma

Explanation: Actinic keratosis is a precancerous lesion linked to SCC.

19. What color are melanomas often?

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

Answer: C. Multi-colored

Explanation: Melanomas may contain black, brown, red, white, or blue shades.

20. Where does melanoma commonly occur in men?

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

Answer: C. Back

Explanation: The back is a common melanoma site in men.

21. Where does melanoma commonly occur in women?

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

Answer: A. Legs

Explanation: Women commonly develop melanoma on their legs.

22. What is a biopsy?

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

Answer: B. Removal of tissue for examination

Explanation: A biopsy confirms whether a lesion is cancerous.

23. Which professional commonly diagnoses skin cancer?

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

Answer: C. Dermatologist

Explanation: Dermatologists specialize in skin conditions and cancers.

24. What is Mohs surgery used for?

- A. Eye surgery

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

Answer: B. Precise skin cancer removal

Explanation: Mohs surgery removes cancer layer by layer while preserving healthy tissue.

25. Which factor increases melanoma risk?

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

Answer: A. Many moles

Explanation: Having numerous moles increases melanoma risk.

26. What is metastasis?

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

Answer: B. Cancer spreading to other body parts

Explanation: Metastasis occurs when cancer spreads beyond its original site.

27. Which type of skin cancer grows the fastest?

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

Answer: B. Melanoma

Explanation: Melanoma is more aggressive and can spread rapidly.

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

- A. Changing mole
- B. Bleeding sore
- C. Persistent scab
- D. Temporary goosebumps

Answer: D. Temporary goosebumps

Explanation: Goosebumps are unrelated to skin cancer.

29. What does SPF stand for?

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

Answer: A. Sun Protection Factor

Explanation: SPF measures UVB protection.

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

Answer: B. 10 a.m.–4 p.m.

Explanation: UV rays are strongest during midday hours.

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

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

Answer: A. Basal cell carcinoma

Explanation: BCC grows locally and usually spreads slowly.

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

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

Answer: B. Squamous cell carcinoma

Explanation: SCC often looks like a rough or scaly lesion.

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

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

Answer: C. Dermatoscope

Explanation: A dermatoscope magnifies skin lesions for better evaluation.

34. Can people with darker skin develop skin cancer?

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

Answer: C. Yes

Explanation: Skin cancer can affect all skin tones.

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

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

Answer: A. Scalp

Explanation: The scalp is difficult to inspect and often missed.

36. What is actinic keratosis caused by?

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

Answer: B. UV exposure

Explanation: Long-term sun exposure damages skin cells.

37. Which clothing offers better UV protection?

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

Answer: A. Dark tightly woven fabric

Explanation: Dense fabrics block more UV rays.

38. What is immunotherapy?

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

Answer: B. Treatment boosting the immune system against cancer

Explanation: Immunotherapy helps the body fight cancer cells.

39. Which gene mutations are commonly linked to melanoma?

- A. BRCA only
- B. BRAF mutations
- C. CFTR mutations
- D. APC mutations

Answer: B. BRAF mutations

Explanation: BRAF mutations occur in many melanomas.

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

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

Answer: C. Yes

Explanation: Some skin cancers appear in hidden areas like soles or nails.

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

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

Answer: C. High

Explanation: Early detection greatly improves survival.

42. Which behavior helps prevent skin cancer?

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

Answer: B. Sunscreen use

Explanation: Sunscreen reduces UV damage.

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

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

Answer: B. Firm red nodule

Explanation: SCC often appears as a red bump or scaly patch.

44. Which age group can develop melanoma?

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

Answer: C. Any age

Explanation: Melanoma can occur in young and older individuals.

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

Answer: B. Protects against UVA and UVB rays

Explanation: Broad-spectrum sunscreen covers both harmful UV types.

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

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

Answer: A. Squamous cell carcinoma

Explanation: SCC is strongly associated with cumulative UV exposure.

47. What is one symptom of advanced melanoma?

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

Answer: A. Enlarged lymph nodes

Explanation: Melanoma may spread to lymph nodes.

48. Can sunscreen expire?

- A. No
- B. Yes
- C. Only spray sunscreen

D. Only in winter

Answer: B. Yes

Explanation: Expired sunscreen loses effectiveness.

49. Which is safer for tanning?

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

Answer: B. Spray tans

Explanation: Spray tans avoid UV exposure.

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

- A. Daily
- B. Weekly
- C. Monthly
- D. Never

Answer: C. Monthly

Explanation: Monthly checks help detect changes early.

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

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

Answer: B. Squamous cell carcinoma

Explanation: Certain HPV strains may contribute to SCC risk.

52. What is the purpose of staging cancer?

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

Answer: B. Measure spread and severity

Explanation: Staging guides treatment decisions.

53. Which treatment uses high-energy rays?

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

Answer: B. Radiation therapy

Explanation: Radiation destroys cancer cells using targeted energy.

54. What is cryotherapy?

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

Answer: B. Freezing abnormal tissue

Explanation: Liquid nitrogen freezes precancerous or cancerous cells.

55. Which sunscreen ingredient blocks UV physically?

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

D. Retinol

Answer: A. Zinc oxide

Explanation: Zinc oxide reflects UV rays from the skin.

56. What is one sign of nail melanoma?

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

Answer: B. Dark streak under nail

Explanation: A dark stripe may indicate subungual melanoma.

57. What is albinism associated with?

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

Answer: B. Reduced melanin and higher UV sensitivity

Explanation: Less melanin means less natural UV protection.

58. Which weather condition still allows UV exposure?

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

Answer: A. Cloudy weather

Explanation: UV rays penetrate clouds.

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

Answer: B. Higher cure rates

Explanation: Early-stage cancers are easier to treat successfully.

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

Answer: C. See a dermatologist

Explanation: Rapid mole changes require professional evaluation.

61. Which skin cancer often bleeds easily?

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

Answer: A. Basal cell carcinoma

Explanation: BCC lesions may bleed or crust repeatedly.

62. What is lentigo maligna melanoma?

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

Answer: B. Melanoma subtype linked to sun damage

Explanation: It commonly occurs in older adults on sun-exposed skin.

63. What is a risk factor for skin cancer?

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

Answer: A. Family history

Explanation: Genetics can increase susceptibility.

64. What is UV index used for?

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

Answer: B. Measuring UV radiation strength

Explanation: Higher UV index means greater sunburn risk.

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

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

Answer: A. Basal cell carcinoma

Explanation: Persistent sores can signal BCC.

66. What type of hat offers best sun protection?

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

Answer: B. Wide-brimmed hat

Explanation: Wide brims protect face, ears, and neck.

67. Can children get skin cancer?

- A. No
- B. Rarely but yes
- C. Only infants
- D. Only teenagers

Answer: B. Rarely but yes

Explanation: Though uncommon, children can develop skin cancer.

68. What color clothing reflects more sunlight?

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

Answer: C. White

Explanation: Light colors reflect more visible sunlight.

69. Which skin cancer develops from pigment cells?

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

Answer: A. Melanoma

Explanation: Melanoma begins in melanocytes.

70. What is one common melanoma symptom?

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

Answer: A. Itching mole

Explanation: Itching or tenderness can occur in melanoma.

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

Answer: B. Test checking cancer spread to lymph nodes

Explanation: It helps determine melanoma spread.

72. Which occupation may increase skin cancer risk?

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

Answer: B. Outdoor construction worker

Explanation: Outdoor jobs increase UV exposure.

73. Which sunscreen form can be effective?

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

Answer: D. All of the above

Explanation: Multiple forms work if applied properly.

74. What is one sign of advanced SCC?

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

Answer: B. Enlarged lesion and pain

Explanation: Advanced SCC can grow deeply and become painful.

75. Which skin cancer is least likely to metastasize?

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

Answer: B. Basal cell carcinoma

Explanation: BCC rarely spreads to distant organs.

76. What does genetic testing sometimes identify in melanoma?

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

Answer: B. Mutations affecting treatment

Explanation: Certain mutations guide targeted therapy choices.

77. What is targeted therapy?

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

Answer: B. Treatment attacking specific cancer mutations

Explanation: Targeted drugs focus on molecular abnormalities.

78. What should be applied before going outdoors?

- A. Sunscreen
- B. Cooking oil
- C. Soap
- D. Perfume

Answer: A. Sunscreen

Explanation: Sunscreen should be applied 15–30 minutes before exposure.

79. Can skin cancer recur after treatment?

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

Answer: B. Yes

Explanation: Regular follow-up is important after treatment.

80. Which factor lowers skin cancer risk?

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

Answer: A. Shade use

Explanation: Staying in shade reduces UV exposure.

81. What is one warning sign of melanoma?

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

Answer: A. Mole with uneven colors

Explanation: Color variation is a classic melanoma sign.

82. Which body area often receives high UV exposure?

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

Answer: B. Face

Explanation: The face is frequently exposed to sunlight.

83. What is a common texture of SCC?

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

Answer: B. Rough and scaly

Explanation: SCC lesions are often crusty or rough.

84. What should sunglasses ideally block?

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

Answer: B. UVA and UVB rays

Explanation: UV-blocking sunglasses protect the eyes and surrounding skin.

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

Answer: A. They emit UV radiation

Explanation: Artificial UV rays damage DNA.

86. What is Merkel cell carcinoma?

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

Answer: B. Rare aggressive skin cancer

Explanation: Merkel cell carcinoma can spread quickly.

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

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

Answer: A. Melanoma

Explanation: Severe sunburns raise melanoma risk.

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

Answer: B. View hard-to-see areas

Explanation: Mirrors help inspect the back and scalp.

89. What is one characteristic of nodular melanoma?

- A. Flat pale patch only
- B. Raised dark bump
- C. White flaky rash
- D. Circular scar

Answer: B. Raised dark bump

Explanation: Nodular melanoma grows vertically and aggressively.

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

Answer: B. Lips can develop skin cancer

Explanation: UV exposure can damage lip tissue.

91. What SPF lip balm is recommended?

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

Answer: C. SPF 30 or higher

Explanation: Lips need UV protection like other skin.

92. What is one benefit of UPF clothing?

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

Answer: B. Built-in UV protection

Explanation: UPF clothing blocks harmful UV rays.

93. Which technology may help detect skin cancer early?

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

Answer: A. AI-assisted imaging

Explanation: AI tools can help analyze suspicious lesions.

94. What is one symptom of metastatic melanoma?

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

Answer: A. Persistent cough

Explanation: Melanoma spread to lungs may cause coughing.

95. Which sunscreen application mistake is common?

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

Answer: A. Applying too little

Explanation: Most people use less sunscreen than recommended.

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

Answer: A. Check for recurrence

Explanation: Monitoring helps catch returning cancer early.

97. Which factor can weaken skin cancer protection?

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

Answer: A. Immune suppression

Explanation: Weakened immunity increases cancer risk.

98. Can skin cancer appear as a new mole?

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

Answer: B. Yes

Explanation: New suspicious growths should be evaluated.

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

Answer: A. Combined sun protection methods

Explanation: Sunscreen, clothing, hats, and shade work together.

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

Answer: B. It promotes early detection and prevention

Explanation: Awareness helps people recognize risks and warning signs early.