

Table I. Quiz questions

	Before the lecture, % correct answers	After the lecture, % correct answers
1. Mention three harmful skin effects of the sun	8	96
2. Is it good for the skin to use sun-tanning beds before tanning in the sun?	88	100
3. What time should you stay out of the sun: 10–12 am, 12–3 pm, or 4–6 pm?	85	100
4. What are the main causes of skin cancer?	23	43
5. How much sunscreen should be used for the whole body?	59	93

The authors have no conflicts of interest to declare.

## References

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## CME MCQ – 30

### Are All Melanomas Dangerous?

The following questions are based on the Review article in *Acta Acta Derm Venereol* 2011; 91: 499–503 by Carsten Nørgaard et al; Are All Melanomas Dangerous?

The increased incidence of cutaneous malignant melanoma (CMM), together with only minor changes in mortality, has brought into question the existence of a melanoma epidemic.

The discrepancy between incidence and mortality suggests that most newly diagnosed melanomas have indolent behaviour. The review summarizes the most recent epidemiological findings regarding the incidence of CMM, mortality, Breslow thickness and clinical stage.

1. Indicate statements below that are in accordance with the results found in the review:
  - A. All but one of the articles found a significant increase in incidence CMM.
  - B. All articles found a significant increase in incidence for both sexes.
  - C. All articles except one found a lower or non-significant increase in mortality.
  - D. All articles found the increase in incidence to be constant during the period examined.
  - E. Articles indicating increased mortality mainly applied to people under the age of 30.
2. Indicate conclusions and findings relevant to CCM in the elderly patients:
  - A. Elderly patients have the highest proportion of the nodular subtype of CMM characterized by its very rapid growth.

- B. Immune dysfunction in elderly individuals may further contribute to the increase in cancer mortality.
- C. Lives can probably be saved by more intensive screening of older individuals.
- D. Nodular subtype of CMM is very easy to diagnose by dermoscopy.
- E. CMM is very often overdiagnosed in elderly individuals.

3. Indicate the main conclusion(s) drawn in the review:
  - A. Lives can probably be saved by more intensive screening of all individuals.
  - B. Lives can probably be saved by more intensive screening of older individuals.
  - C. Intensive screening of young people with no risk factors appears to be obsolete.
  - D. The existence of a dramatic melanoma epidemic is very likely.
  - E. Increased public awareness increases the detection rate of early CMM.
  - F. The articles reviewed confirmed described trends of a steady increase in incidence of CMM.

Recommended answers:  
1. A, B, C; 2. A, B, C; 3. B, C, E, F