

ONE GOAL: DISCOVER THE CURE

A WORLD WITHOUT MELANOMA



ACRAL LENTIGINOUS MELANOMA

“Acral” comes from the Greek word akron, meaning extremity, and acral lentiginous melanoma (ALM) typically appears on the palms of the hands, soles of the feet, or under the nails.

Less than 5% of all melanomas are acral lentiginous melanoma, but it is the most common melanoma in African-Americans and Asians.

Appearance of ALM

On the sole or palm, acral lentiginous melanoma often appears as an oddly shaped black, gray, tan, or brown mark with irregular borders. In the nail, it may appear as a dark streak, and it generally occurs under the big toe or thumb nail.

Warning signs of ALM include:

- a new streak in a nail that is not caused by an accident or bruise
- a nail streak that has damaged the fingernail
- a changing spot in or connected to a mole on the foot or hand
- an irregularly-shaped growth on the foot or hand that is changing, growing, or has an unusual color
- an elevated, thickened patch growing on the sole of the foot or palm of the hand

Promptly see your healthcare provider if an unexplained lesion appears on your hand, foot, or nail.

www.AIMatMelanoma.org

AIM
AT MELANOMA
FOUNDATION