

# THE ABC'S OF SKIN CARE

## FOR SKIN CANCER & CONCERNING SKIN LESIONS

Know the warning signs of melanoma and other skin cancers by checking your moles regularly using the ABCDE rule.



### A - ASYMMETRY

One half of the mole is different from the other half in shape, color, or thickness.



### B - BORDER

Look for irregular, scalloped, notched, or poorly defined edges.



### C - COLOR

Watch for multiple colors within the same mole (brown, black, red, white, or blue) or uneven distribution of color.



### D - DIAMETER

Be concerned about spots larger than  $\frac{1}{4}$  inch or 6mm (about the size of a pencil eraser), though melanomas can sometimes be smaller.



### E - EVOLUTION

Pay attention to any change in size, shape, color, elevation, or symptoms like itching, tenderness, or bleeding.

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**REMEMBER:** Early detection saves lives.

See a dermatologist immediately if you notice any of these warning signs.



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