

The ABCDEs of MELANOMA

Do you know your ABCDEs?

Melanoma — a dangerous form of skin cancer — is highly preventable when caught early. A dark, flat mole may be suspicious if it exhibits any of the following:



A symmetry

Check that the outline of the mole is symmetrical. If you draw a line through the middle of the mole, the halves should match. Cancerous moles are almost always asymmetrical.

B border

Look to see if the border of your mole is even. Edges of cancerous moles tend to be irregular or notched.

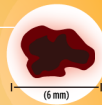


C color

Healthy moles are uniform in color, whereas melanomas vary in color, including different shades of blacks, blues, browns or tans.

D diameter

Regular moles are usually smaller than the diameter of a pencil eraser. Melanomas tend to be larger than 6 millimeters in diameter.

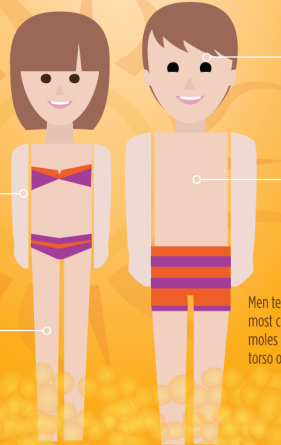


E evolving

Any rapid or noticeable change — in size, color or thickness — is a sign of a cancerous mole.

It's a matter of SEX.

Women are most likely to find cancerous moles on the legs and arms.



Men tend to find most cancerous moles on the torso or head.

Did you know?

OVER 90% of melanomas is caused by exposure to UV rays.

The best way to prevent skin cancer is by protecting your skin from the sun's harmful rays. Wearing protective clothing and **SPF 30 or higher** sunscreen is always recommended.

From the expert

"Most melanomas appear on areas of our bodies that are difficult to see — such as the back, buttocks, back of our arms and legs, scalp, behind our ears, bottoms of our feet and between our toes."

— Dr. Caroline Thornton, dermatologist at Sharp Rees-Stealy Medical Group

