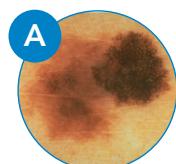


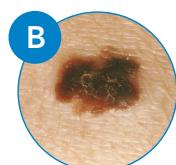
How to Spot Skin Cancer

The ABCDEs of Melanoma

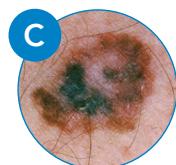
Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:



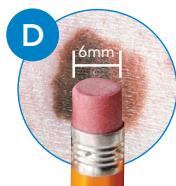
A stands for **ASYMMETRY**. One half of the spot is unlike the other half.



B stands for **BORDER**. The spot has an irregular, scalloped, or poorly defined border.



C stands for **COLOR**. The spot has varying colors from one area to the next, such as shades of tan, brown or black, or areas of white, red, or blue.

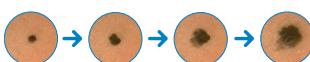


D stands for **DIAMETER**. While melanomas are usually greater than 6 mm, or about the size of a pencil eraser, when diagnosed, they can be smaller.



E stands for **EVOLVING**. The spot looks different from the rest or is changing in size, shape, or color.

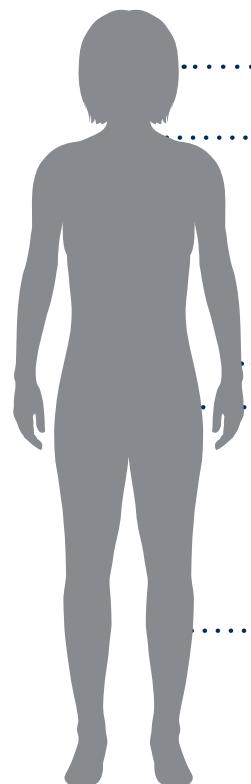
Example:



Skin Cancer Self-Examination

How to Check Your Spots:

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Ask someone for help when checking your skin, especially in hard-to-see places.



1 Examine your body front and back in a mirror, then look at the right and left sides with your arms raised.

2 Examine the back of your neck and scalp with a hand mirror. Part your hair for a closer look at your scalp.

3 Bend your elbows and look carefully at your forearms, underarms, fingernails, and palms.

4 Check your back and buttocks with a hand mirror.

5 Finally, look at the backs of your legs and feet, the spaces between your toes, your toenails, and the soles of your feet.

If you wear nail polish, remember to check your nails when the polish is removed.

If you notice a new spot or an existing spot that changes, itches, or bleeds, make an appointment to partner with a board-certified dermatologist.

Other Types of Skin Cancer

When checking your skin, please look for signs of these other suspicious spots.

Precancerous Growth

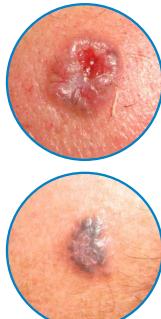
Actinic Keratoses (AK)¹



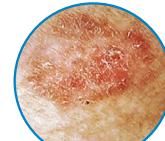
- Dry, scaly, rough patches or bumps
- Can be red, pink, the same color as your skin, gray, yellow, brown, tan, or white.

Skin Cancer

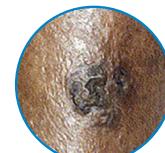
Basal Cell Carcinoma (BCC)^{2,3}



- Dome-shaped growth with visible blood vessels
- Shiny, pinkish patch
- Black or brown growth
- White or yellow waxy growth that looks like a scar
- Sore that heals then returns



Squamous Cell Carcinoma (SCC)^{4,5}



- Crusted or rough bump
- Red, rough flat patch
- Dome-shaped bump that grows and bleeds
- Sore that does not heal, or heals and returns

Practice Safe Sun

Here's how to protect yourself from the sun:



Seek shade. The sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.



Wear sun-protective clothing, such as a lightweight and long-sleeved shirt, pants, a wide-brimmed hat and sunglasses with UV protection, when possible. For more effective protection, choose clothing with an ultraviolet protection factor (UPF) number on the label.



Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to all skin not covered by clothing. Broad-spectrum sunscreen provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.



Use extra caution near water, snow, and sand, as they reflect and intensify the damaging rays of the sun, which can increase your chance of skin cancer.



Do not tan — indoors or out. If you want to look tan, consider using a self-tanning product, but continue to use sun protection outdoors.

1 in 5 Americans will develop **skin cancer** in their lifetime.



Anyone can get skin cancer, regardless of **skin tone**.



When caught early, skin cancer is **highly treatable**.



At a minimum, most adults need about **1 ounce of sunscreen** — roughly the amount to fill a **shot glass** — to fully cover skin not covered by clothing. Depending on your body size, you **may need more** sunscreen to protect your **exposed skin** from the sun's harmful rays.



When applying **sunscreen** to your face, use **at least 1 teaspoon** (about the amount needed to cover the length of your index and middle fingers).

To learn more about skin cancer detection and prevention, partner with a board-certified dermatologist or visit aad.org/skincancer.