The ABCDEs of Melanoma

What to Look for:

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

1. **Detect Skin Cancer: Body Mole Map**

   Follow these instructions regularly to conduct thorough skin exams:
   1. **Learn** what to look for.
   2. **Examine** your skin.
   3. **Record** your spots. If you notice any new or changing spots, contact your dermatologist to make an appointment.

   If you don’t have one, visit [aad.org/findaderm](http://aad.org/findaderm) to find a board-certified dermatologist in your area.

   **Detect Skin Cancer: Body Mole Map**

   **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. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your skin. Anyone can get skin cancer, regardless of skin color.

   Ask someone for help when checking your skin, especially in hard-to-see places.

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

   **Record Your Spots**

   Make notes of your spots on the images below so you can regularly track changes.

   **MOLE #**

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asymmetrical? Shape of Mole</td>
<td>Type of Border?</td>
<td>Color of Mole</td>
<td>Diameter/Size of Mole. Use ruler provided.</td>
<td>How has mole changed?</td>
</tr>
<tr>
<td><img src="image1" alt="Oval, even" /></td>
<td><strong>Jagged</strong></td>
<td><strong>Pink</strong></td>
<td>1.5mm</td>
<td><strong>YES, LARGER</strong></td>
</tr>
<tr>
<td><img src="image2" alt="Descriptive image" /></td>
<td><img src="image3" alt="Descriptive image" /></td>
<td><img src="image4" alt="Descriptive image" /></td>
<td><img src="image5" alt="Descriptive image" /></td>
<td><img src="image6" alt="Descriptive image" /></td>
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</tbody>
</table>
Practice Safe Sun: Protect Yourself From the Sun

Sun exposure is the most preventable risk factor for all skin cancers, including melanoma. You can have fun in the sun and decrease your risk of skin cancer.

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, 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.

Avoid tanning beds. If you want to look tan, consider using a self-tanning product, but continue to use sun protection outdoors.

If you find any new or suspicious spots on your skin, or any spots that are changing, itching, or bleeding, make an appointment to see a board-certified dermatologist.

To learn more about skin cancer detection and prevention, talk to a board-certified dermatologist or visit SpotSkinCancer.org.