

WATCHING FOR SIGNS OF SKIN CANCER

Knowing what to look for and conducting regular skin examinations can help you find dangerous spots before it's too late. Call your dermatologist if any of your moles exhibit the ABCDE characteristics described here as these could be signs of skin cancer. Sometimes skin cancers don't fit the rules, so if you notice any of the signs or any general changes in your skin, see your dermatologist.

ABCDE'S OF MELANOMA DETECTION



ASYMMETRY: One half is unlike the other half.



BORDER: An irregular, scalloped, or poorly defined



COLOR: Is varied from one area to another; has shades of tan, brown, or black; is sometimes white, red, or blue.



DIAMETER: Melanomas usually are greater than 6 mm (the size of a pencil eraser) when diagnosed, but they can be smaller.



EVOLVING: A mole or skin lesion that looks different from the rest or is changing in size, color, or shape.

WHAT TO WATCH FOR

Basal Cell and Squamous Cell Carcinoma:

- > Flat, firm, pale areas or small, raised, pink or red, translucent, shiny, waxy areas that may bleed after a minor injury
- > Rough, scaly lumps or a crusty surface
- > Flat reddish patches that appear to grow slowly

Actinic Keratosis:

- > Small, pink-red or flesh colored rough spots that are usually less than 1 inch in diameter

Melanoma:

- > A new spot on the skin
- > A sore that does not heal
- > A change in sensation: itchiness, tenderness, or pain
- > A bump or nodule that is scaly, oozes, or bleeds
- > Refer to ABCDEs of melanoma detection

EXAMPLE...

