

Is it Skin Cancer?

Finding an unusual spot on your skin, particularly if it is new can be scary and concerning. Remember you're *A B C D E's of Melanoma* and be knowledgeable on what to notice. As always schedule an appointment with your provider if you are worried.

The ABCDEs of melanoma



A is for Asymmetry. Most melanomas are asymmetrical. If you draw a line through the middle of the lesion, the two halves don't match, so it looks different from a round to oval and symmetrical common mole.



B is for Border. Melanoma borders tend to be uneven and may have scalloped or notched edges, while common moles tend to have smoother, more even borders.



C is for Color. Multiple colors are a warning sign. While benign moles are usually a single shade of brown, a melanoma may have different shades of brown, tan or black. As it grows, the colors red, white or blue may also appear.

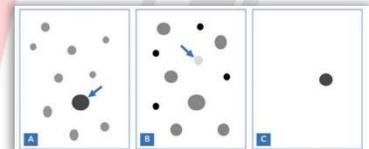


D is for Diameter or Dark. While it's ideal to detect a melanoma when it is small, it's a warning sign if a lesion is the size of a pencil eraser (about 6 mm, or 1/4 inch in diameter) or larger. Some experts say it is also important to look for any lesion, no matter what size, that is darker than others. Rare, amelanotic melanomas are colorless.



E is for Evolving. Any change in size, shape, color or elevation of a spot on your skin, or any new symptom in it, such as bleeding, itching or crusting, may be a warning sign of melanoma.

Be on the lookout for an "Ugly Duckling" One of these is not like the rest. Compare the spots around each other and see if one sticks out.



If you notice these warning signs, or anything **NEW**, **CHANGING** or **UNUSUAL** on your skin see a dermatologist promptly.

Please note: Since not all melanomas have the same appearance, these photos serve as a general reference for what melanoma can look like. If you see anything **NEW**, **CHANGING** or **UNUSUAL** on your skin, go get checked by a dermatologist.

MEMBERS: As always, your provider is just a phone call or text message away. It's better to be safe than sorry. Reach out if you are worried or if this protocol isn't helping.