

## ABCDEs of Melanoma Detection

*Make monthly self-skin exams and yearly total body skin exams by a physician/dermatologist part of your health care routine. If you observe one or more of the following features in any of the moles or pigmented spots on your skin, consult your physician/dermatologist immediately. Prompt surgical removal of an early melanoma offers the best chance for a cure.*



### **A**symmetry

Melanomas are often asymmetrical, with one half unlike the other.



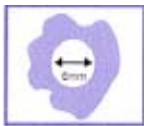
### **B**order

Normal moles have smooth borders, but melanomas often have irregular, scalloped, or notched borders.



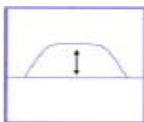
### **C**olor

Watch for moles with mottled, varied coloration and moles that are much darker than the rest of your moles.



### **D**iameter

Melanomas are usually larger than 6mm in diameter (size of a pencil eraser) when diagnosed. However, they can be smaller. If you notice a mole of any size that differs from others, changes, itches, or bleeds, you should consult a dermatologist.



### **E**volution

Be aware of moles that appear where none have been before, moles that disappear, and of moles that change in any aspect: size (either increasing or decreasing in diameter or height), shape, color, or symptoms (itching, bleeding, or tenderness).



**If any part of a mole is growing differently than the rest of that mole, contact your physician immediately.**