The ABCDEs of Melanoma

Skin cancer can develop anywhere on the skin. Ask someone for help when checking your skin, especially in hard to see places.

If you notice a mole that is different from others, or that changes, itches or bleeds (even if it is small), you should see a dermatologist.

**A** - Asymmetry

One half unlike the other half.

**B** - Border

Irregular, scalloped or poorly defined border.

**C** - Color

Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.

**D** - Diameter/Size of Mole

While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.

**E** - Evolving

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

**Example:**

- Asymmetrical?
- Shape of Mole
- Type of Border?
- Color of mole
- Diameter/Size of Mole. Use ruler provided.
- How has mole changed?

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