






The ABCDEs of Melanoma

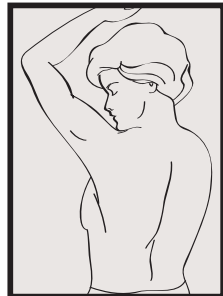
Every month, inspect your entire body for any skin changes and routinely visit your dermatologist for a complete skin examination. Early detection of melanoma can be lifesaving because this cancer may be curable in its early stages. Any irregularity in an existing or newly developed pigmented skin lesion could be a sign of melanoma and should be examined immediately by your dermatologist. These irregularities may include asymmetry, an uneven border, color variations, diameter of more than 6mm or evolving changes of the lesion.

- A**  **Asymmetry**
One half does not match the other half
- B**  **Border Irregularity**
The edges are notched or ragged
- C**  **Color**
Varied shades of tan, black and brown
- D**  **Diameter**
Greater than 6 millimeters
- E**  **Evolving**
Change in size, shape, or shade of color

How to inspect your skin



1
Examine your body front and back in the mirror, then right and left sides, arms raised.



2
Bend elbows and look carefully at forearms and upper arms and palms.



3
Look at the backs of legs and feet, spaces between toes and soles.



4
Examine back of neck and scalp with a hand mirror. Part hair for a closer look at scalp.



5
Finally, check back and buttocks with a hand mirror.

Images and content provided by the American Academy of Dermatology

SPOT THE SPOT
PROTECTION AND INSPECTION OF YOUR SKIN

