The **ABCDEs** of MELANOMA

**Do you know your ABCDEs?**

Melanoma — a dangerous form of skin cancer — is highly preventable when caught early. A dark, flat mole may be suspicious if it exhibits any of the following:

- **A**ssymmetry
  - Check that the outline of the mole is symmetrical. If you draw a line through the middle of the mole, the halves should match. Cancerous moles are almost always asymmetrical.

- **B**order
  - Look to see if the border of your mole is even. Edges of cancerous moles tend to be irregular or notched.

- **C**olor
  - Healthy moles are uniform in color, whereas melanomas vary in color, including different shades of blacks, blues, browns or tans.

- **D**iameter
  - Regular moles are usually smaller than the diameter of a pencil eraser. Melanomas tend to be larger than 6 millimeters in diameter.

- **E**volving
  - Any rapid or noticeable change — in size, color or thickness — is a sign of a cancerous mole.
OVER 90% of melanomas are caused by exposure to UV rays. The best way to prevent skin cancer is by protecting your skin from the sun's harmful rays. Wearing protective clothing and SPF 30 or higher sunscreen is always recommended.

Did you know?

Women are most likely to find cancerous moles on the legs and arms. Men tend to find most cancerous moles on the torso or head.

Did you know?

It's a matter of SEX.

From the expert

"People with red or blond hair; blue or green eyes; and fair skin that freckles or burns easily are at highest risk for melanoma."

— Dr. Caroline Thornton, dermatologist at Sharp Rees-Stealy Medical Group

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