

Melanoma Awareness

Skin cancer is the most common type of cancer diagnosed in the United States

Signs of Melanoma – Know your ABCDEs!

- A** **Asymmetry** – Is one half unlike the other? A healthy mole should be symmetrical
- B** **Border Irregularity** – Skin growths with blurred, ridged, or notched outlines
- C** **Color** – Uneven or multiple shades of tan, black, brown, redness, pink, white, and/or blue
- D** **Diameter** – Melanoma can present at any size, but be aware if your skin growth is larger than the size of a pencil eraser (6mm)
- E** **Evolution** – Changes in shape, color, size, and texture (including bleeding, itchy, or crusty skin)

Who's At Risk?



Individuals with fair skin, light hair, blue or green eyes, and freckles



Those whose parents, siblings, or children had melanoma



A person with a weakened immune system



Anyone who has been diagnosed with basal cell cancer, squamous cell cancer, or melanoma



Those in older age

1%

Melanoma accounts for one percent of all skin cancers but is the deadliest

Early Detection through Self Skin Exams



Use a full-length mirror and a handheld mirror to see your entire body



Skin checks are best in a well-lit room after a bath or showering



Know every mole, freckle, and skin mark on your body



Check your ears, nails, scalp, mouth, lips, palms, soles, in between fingers and toes, and your back



Check your skin once every month

If you have any questions about suspicious skin spots, please reach out to your family doctor

(855) 366-7700



CancerBridge

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