

How to Spot SKIN CANCER



AN ESTIMATED
9,730
PEOPLE WILL DIE OF
MELANOMA IN 2017.

FOLLOW THESE GUIDELINES TO EXAMINE YOUR MOLES OR NEW GROWTHS

A **ASYMMETRY**
the sides of the mole don't match

- +** IN ADDITION TO A-B-C-D-E, LOOK FOR;
- Any of your growths that look scaly, bleed, itch, ooze, or are painful
 - A sore that does not heal
 - New swelling or redness beyond the border of a mole

DO SKIN SELF-CHECKUPS

12x A YEAR...

it is the best way to find new marks or skin changes

B **BORDER** the edges are notched, or blurred

- HOW TO CHECK YOUR SKIN**
- Do checkups in front of a full-length mirror. Check all parts of your body, from head to toe.

C **COLOR** the color within the mole or growth

- TAKE CLOSE UP PHOTOS OF YOUR SKIN**
- If you have a lot of moles, take digital photos of them each month. These can help you see if any moles change over time.

IF YOU SEE ANY CHANGES IN YOUR SKIN, CALL YOUR DOCTOR RIGHT AWAY.

D **DIAMETER**
the mole or growth is larger than 6mm

E **EVOLVING**
the size, shape, or color of the mole or growth is changing



For more information to help you and your family live well and stay well, visit WellWiseWoman.com.

SOURCES: Recognizing Skin Cancer, Staywell Krames, 1/20/2015. Cancer Facts and Figures 2017. American Cancer Society.