



KNOW THE SKIN CANCER AND MELANOMA WARNING SIGNS¹...

A blemish, freckle or mole that becomes pearly in appearance, itches, bleeds, crusts, does not heal, changes in appearance, shape, color, texture, size or elevation, or exhibits any of these **ABCDE** melanoma warning signs:

- A**symmetry (one half doesn't look like the other half)
- B**orders are uneven, scalloped, irregular or indistinct
- C**olor is shaded or varied (blue, black, brown, red, white, or tan)
- D**iameter is larger than 1/4" (the size of a pencil eraser)
- E**levation changes (was flat and now is raised)

WHAT YOU CAN DO

- Perform monthly self exams
- Become aware of changes in your skin, moles and pigmented spots
- See a dermatologist for regular checkups
- Avoid sunburns and tanning lamps
- Avoid exposure to the sun between 10:00 am and 4:00 pm
- Wear protective clothing, a wide brimmed hat and UV protective sunglasses
- Seek shade
- Use maximum strength sunscreen and reapply as directed

THIS INFORMATION IS NOT A SUBSTITUTE FOR A PHYSICIAN. SEE A DERMATOLOGIST FOR REGULAR CHECKUPS.

Adapted from the following source:
1. Melanoma Education Foundation.