THE ABCDE’S OF SKIN MOLE SELF-EXAMS

To catch melanoma at its earliest, most treatable stage, conduct a head-to-toe skin self-examination once a month to check for suspicious moles.

THE ABCDE GUIDE TO POTENTIALLY CANCEROUS MOLES

CONSULT A DOCTOR IF ...

A = ASYMMETRY
The two halves of the mole do not match when you draw a line through the middle.

B = BORDER
The mole has an uneven border.

C = COLOR
The mole has multiple shades of tan, brown or black or has unusual colors such as red, purple or blue.

D = DIAMETER
The mole is larger than 6mm in diameter (or the size of a pencil eraser).

E = EVOLUTION
The mole has changed in size, shape or color over time.

If you have a suspicious mole, contact your primary care doctor or a dermatologist for further evaluation. For more information about skin cancer, visit www.cityofhope.org/skin-cancer

Sources: American Cancer Society and Skin Cancer Foundation