



ABCDEs of Skin Cancer



Changes to your skin can be early signs of skin cancer. Therefore, it's important to inform your dermatologist of any changes you see. Visit your dermatologist annually for a skin cancer screening so they can examine the places on your body you cannot see yourself. Use the ABCDE rule to lookout for early signs of skin cancer:

- A**symmetry: The shape of the skin marking is not identical; one half of the spot is different from the other half.
- B**order: The outside edges of the spot are ragged, blurred, or elevated; or the pigment may be spreading.
- C**olor: The color is inconsistent throughout the spot. You may see different shades of brown, gray, black, tan, red, green, pink, or others.
- D**iameter: The skin marking is growing or changing in size. Most melanomas are larger than 6mm.
- E**volving: You notice any kind of change to your skin in recent weeks or months.

Protecting Your Skin

In addition to annual skin checks with your dermatologist, follow these tips to best protect your skin:



Use a broad-spectrum sunscreen daily with an SPF of 30+ and reapply regularly



Wear clothing and hats that block the sun from your skin



Stay in the shade when possible



Wear sunglasses that block UV-A and UV-B rays



Avoid tanning beds