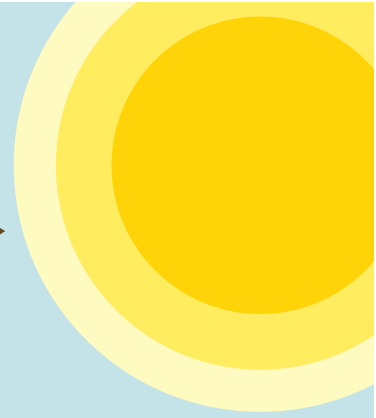


SKIN CANCER

Take a closer look at your skin

Everyone has a unique assortment of freckles and moles. Learn how to spot skin cancer and pre-cancerous growths and stop them in their tracks.



Know the A-B-C-D-E's of skin cancer.

Here's what you should look for:

A. Asymmetry

The two sides of a mole or dark spot do not match one another.

B. Border Irregularity

A mole's edges are ragged, notched or blurred.

C. Color

The color or pigmentation varies. Different shades of tan, brown or black are often present.

D. Diameter

Melanomas are usually bigger than 6 mm (0.24 inches) or the size of a pencil eraser when diagnosed, though they may be smaller.

E. Evolving

A cancerous mole looks different from other spots and may change color, shape or size. It may also bleed, itch or hurt.

Get a skin check-up

You should get regular skin cancer screenings by a dermatologist or skin doctor, who will visually inspect your body from head to toe for suspicious looking spots. The exam usually takes just minutes to complete. It is particularly important to get routine skin checks if you have risk factors, including fair skin, a family history of skin cancer or if you were badly sunburned as a child.

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