The “ugly duckling” is one of the most important warning signs of melanoma. Melanoma can occur at any age, so always keep an eye out for the ABCDE’s of the ugly duckling!

**ABCD**

**ASYMMETRY**
If you imagine drawing a line through the center of the lesion, do the two sides look different?

**BORDER**
Are the edges of the lesion irregular, notched, ragged or blurred?

**COLOR**
Is the lesion a mixture of colors?

**DIAMETER**
Is the lesion larger than 6 mm across (1/4 of an inch, or the size of a pencil eraser) but can be smaller when it is first noticed?

**Evolving**
Is the lesion changing in size, shape and/or color?

**PREVENTING SKIN CANCER**
For those at risk, limiting sunlight exposure is the best protection from developing skin cancer.

- Avoid sun exposure between 10 am and 4 pm when the ultraviolet light is most intense
- Wear sun glasses, broad-rimmed hats, long-sleeved shirts, long skirts, or pants
- Use a sunscreen with sun protection factor (SPF) of 15 or higher even on overcast days
- Avoid sun lamps, tanning beds and tanning salons

All information from a PEPID Patient Information Handout