

THE ABCDE'S OF MELANOMA

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!

A

ASYMMETRY

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



B

BORDER

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



C

COLOR

Is the lesion a mixture of colors?



D

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?



E

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

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