

# SKIN CANCER

## The ABCDEs of Melanoma

- A: Asymmetry** One-half of the mole is not like the other.
- B: Border** An irregular, scalloped, or poorly defined border.
- C: Color** Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.
- D: Diameter** While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller. See the ruler below for a guide.
- E: Evolving** A mole or skin lesion that looks different from the rest or changes in size, shape, or color.

## Skin Cancer Self-Examination

1. Examine body front and back in the mirror, especially legs.
2. Bend Elbows; look carefully at forearms, back of upper arms, and palms.
3. Look at feet, spaces between toes and soles.
4. Examine the back of the neck and scalp with a hand mirror. Part hair and lift.
5. Check back and buttocks with a hand mirror.
6. Record the shape, color, diameter, and any changes to each mole.

## How to Prevent Skin Cancer

The best way to prevent skin cancer is to protect yourself from the sun. This includes seeking shade when the sun is strongest between 10 a.m. and 2 p.m., wearing protective clothing, generously applying a broad-spectrum, water-resistant sunscreen, getting vitamin D safely, and avoiding tanning beds.

## Types of Skin Cancer

### Actinic Keratoses (AKs)

- ▶ Some people develop dry, scaly patches or spots on their skin called actinic keratoses.
- ▶ An AK is a precancerous skin growth that can turn into Squamous Cell Carcinoma.
- ▶ AKs usually form on the skin that gets lots of sun exposure, such as the head, neck, hands, and forearms.

### Basal Cell Carcinoma (BCC)

- ▶ BCCs look like a flesh-colored round growth, pearl-like bump, or a pinkish patch of skin.
- ▶ BCCs are common on the head, neck, and arms; however, they can form anywhere on the body, including the chest, abdomen, and legs.

### Squamous Cell Carcinoma (SCC)

- ▶ SCC often looks like a red firm bump, scaly patch, or a sore that heals and re-opens.
- ▶ SCC tends to form on skin that gets frequent sun exposure, such as the rim of the ear, face, neck, arms, chest, and back.
- ▶ SCC can grow deep into the skin, causing damage and disfigurement.

### Melanoma

- ▶ Melanoma has a tendency to spread. Knowing the ABCDE warning signs can help catch it early.
- ▶ Melanoma can develop within a mole that you already have or appear suddenly as a dark spot on the skin that looks different from the rest.



Actinic Keratoses



Basal Cell Carcinoma



Squamous Cell Carcinoma



Melanoma

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