

How to find skin cancer early



1 in 5
Americans will
develop skin
cancer by the age
of 70¹

To catch it as early as possible—at its most treatable stage, do the **ABCDE** check on suspicious moles monthly and consult a doctor if the mole has²:



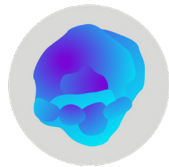
(A) SYMMETRY

Two halves that don't match



(B) BORDER

An uneven border



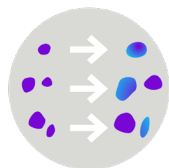
(C) COLOR

Multiple shades of tan, brown, or black; or unusual colors such as red, purple, or blue



(D) DIAMETER

A diameter longer than 6 mm (about the size of a pencil eraser)



(E) EVOLUTION

A different size, shape, or color over time



References

- 1 Sarnoff DS. Skin cancer 101. Skin Cancer Foundation Web site. <https://www.skincancer.org/skin-cancer-information>. Updated February 2020. Accessed November 23, 2020.
- 2 Check yourself: A visual guide to skin cancer self-exams (w/ infographic). City of Hope Breakthroughs Blog. <https://www.cityofhope.org/breakthroughs/a-visual-guide-to-skin-cancer-self-exams>. Published May 9, 2018. Accessed January 19, 2021.

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