

Know Your ABCDE's for Skin Changes

We are more aware of exposure to the sun during the summer months, but it's always good to do a skin check on yourself and family members. Here are some visible warning signs of skin cancer that you should look for:

- A: Asymmetry: One half of the mole unlike the other half.
- B: Border: Irregular, jagged, blurred edges, or poorly defined.
- C: Color: Not uniform in color.
- D: Diameter: Large than a pencil tip eraser- more than 6mm.
- E: Evolving: Any change in the size, shape, color or elevation or new symptoms such as bleeding, itching or crusting.

Check out pictures and more: <https://preventcancer.org/prevention-screening/resources-and-downloads/abcdes-of-skin-cancer/#:~:text=Skin%20cancer%2C%20which%20includes%20basal,as%20bleeding%2C%20itching%20or%20crusting>

