

How to spot skin cancer

Examine your **skin** for suspicious spots.

A small, smooth, shiny, pale or waxy lump



A firm red lump that may bleed or develop a crust



A flat, red spot that is rough, dry or scaly



Anyone can get skin cancer, no matter their skin color.

Examine your **moles** using the ABCs.

A

Asymmetry



The two sides look different from each other.

B

Border



The border is crooked, jagged or irregular.

C

Color



The mole is multi-colored.

D

Diameter



The width is more than 6 millimeters, the size of a pencil eraser.

E

Evolution



The mole has changed in size, shape or feeling.

Suspicious **spots** or unusual **moles** could be a sign of skin cancer.

 **Banner**
MD Anderson
~~Cancer~~ Center

T.W. Lewis Melanoma Center of Excellence

Keep track of new and changing spots

- 1** **Look** for new spots or spots that change.
- 2** **Watch for** sores that don't heal or heal then return.
- 3** **Be aware** of spots or sores that change in sensation, or are itchy, tender or painful.
- 4** **Check everywhere** because skin cancer can develop in places that do not get sun exposure. This can include the soles of your feet, buttocks and genital area
- 5** **Get help** from a family member to inspect hard-to-see areas such as the scalp.
- 6** **Pay attention** to rough or raised areas when you shampoo or apply lotion.

Most skin cancers fall into one of these three categories:

Basal cell

is a slow-growing cancer that seldom spreads.

Squamous cell

is more likely than basal cell to spread, but much less common.

Melanoma

makes up only 2 percent of skin cancers, but is the most aggressive.

Suspicious spot?

Consult your doctor or schedule a skin cancer screening exam