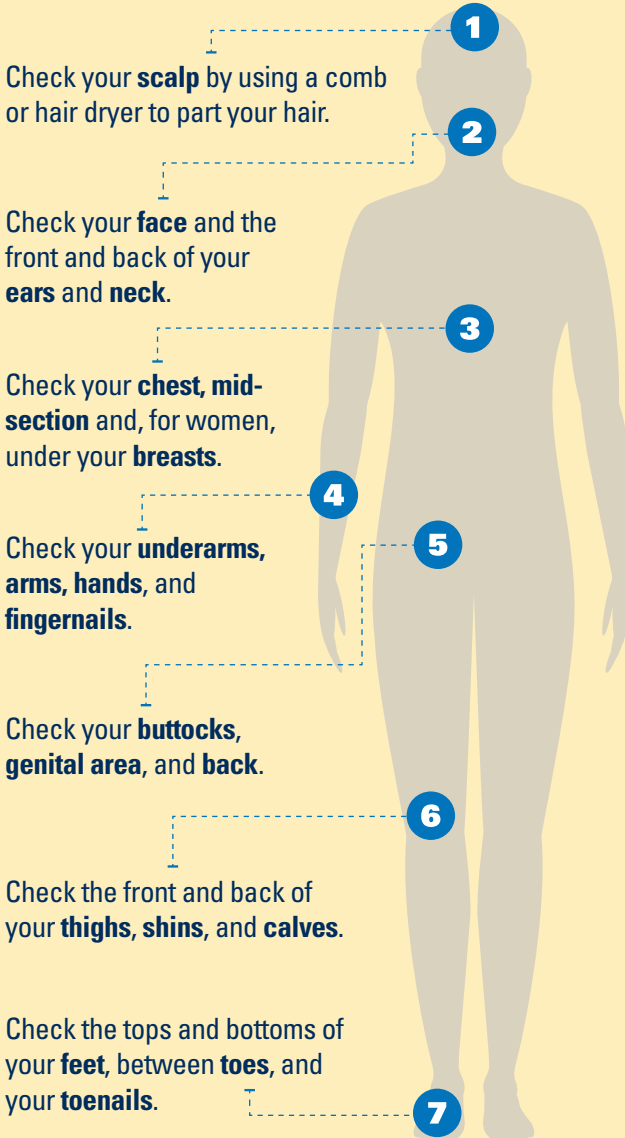


Skin cancer is most treatable when caught early.

At least once a month, exam your skin using a full-length and hand-held mirror:



Use the **ABCDE rule** to help you identify the warning signs of melanoma:

A **ASYMMETRY**
One half is unlike the other half.

B **BORDER**
The edges are irregular, ragged, notched, or blurred.

C **COLOR**
Varies from one area to another; has shades of tan, brown or black, or is sometimes white, red, or blue.

D **DIAMETER**
Melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, but they can be smaller.

E **EVOLVING**
The mole is changing in size, shape, or color.

Talk to a doctor about any areas that concern you.