

## What You Need to Know About Melanoma



The spring and summer means you might spend more time in the sun. However, the extra sunlight can also be dangerous. The sun exposes you to ultraviolet (UV) radiation which can increase your chances of developing melanoma.

To help you identify unusual moles, remember the letters "A-B-C-D-E"

- A – asymmetrical:** look for moles with odd shapes, like two different looking halves
- B – irregular border:** be aware if a mole is not oval or round or has borders that are notched or scalloped
- C – changes in color:** look for moles that have many or uneven coloring
- D – diameter:** look for moles bigger than  $\frac{1}{4}$  inch in diameter
- E – evolving:** be aware if moles change size, shape, or color over time.

Source: [skincancer.org](http://skincancer.org)

This information should not be used as a substitute for medical advice from, or treatment by, your physician. Please contact your physician for additional information about your condition.

