THE ABCDES OF MELANOMA

Moles, brown spots and growths on the skin are usually harmless — but not always. Anyone who has more than 100 moles or one or more unusual looking or atypical moles is at greater risk for melanoma. That's why it's so important to get to know your skin very well and to recognize any changes in the moles on your body. Look for the **ABCDE** signs of melanoma, and if you see one or more, make an appointment with a dermatologist immediately.

The pictures below show normal moles and melanomas.

	Benign (Normal)	Malignant (Cancerous)	
Symmetrical			ASYMMETRICAL (the two sides do not match)
Border is even			BORDER is uneven
One color	9		Two or more COLORS
Smaller than 1/4 inch			DIAMETER is larger than 1/4 inch
Ordinary mole		-··	EVOLVING or changing in size, shape, color, or another trait



