

APPROACH TO MELANOMA DIAGNOSIS

Once a month you should examine your skin from head to toe, looking for any mole, spot, or bump that seems to stand out because of being **dark, different, or changing**. In addition, when examining a mole of **any** size, look for the following ABCDEs of melanoma. Most melanomas have at least one of these features.

A ASYMMETRY Does any one half of a mole look different from the other half in color and/or shape?



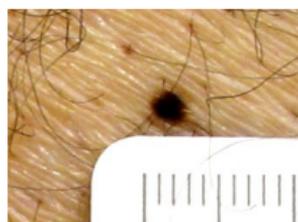
B BORDER Does a mole have an irregular, jagged, or blurred border?



C COLOR Does a mole have different colors or different shades of one color?



D DARK Does a mole appear dark, or does any area within a mole appear dark? Melanoma pictured is 2 mm.



E EVOLVING Has a mole, spot, or bump evolved, or changed, in a way unlike others on your body?



One general rule is that any mole that looks different from all of your other moles (so-called “ugly duckling” sign) should be evaluated. In addition, sometimes the most dangerous melanomas can be recognized primarily because they grow quickly and look different from any other bump you have. These “nodular melanomas” (such as the last melanoma pictured above) can be any color, including black, blue, red, pink, or flesh-colored.