

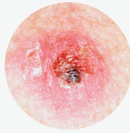
How to spot skin cancer

Examine your **skin** for suspicious spots

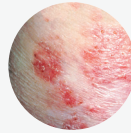
A small, smooth, shiny, pale or waxy lump



A firm red lump that may bleed or develop a crust



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

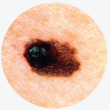


Anyone can get skin cancer, no matter their skin color.

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

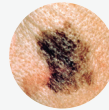
Color



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.

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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 includes the soles of your feet, buttocks and genital area.
- 5 Get help** 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 causes the most skin cancer deaths.

Suspicious spot?

Visit BannerHealth.com/Melanoma or scan the QR code for more information on the T.W. Lewis Melanoma Center of Excellence at Banner MD Anderson Cancer Center.



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