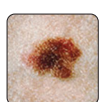


OhioHealth Cancer Care

Melanoma Detection and Prevention

Melanoma is the deadliest form of skin cancer and is most curable when detected and treated early, which is why regular self and physician examinations can be lifesaving. Knowing the ABCDE warning signs of melanoma can help you find it early.

ABCDE Warning Signs:



A – ASYMMETRY

Part of the mole does not match the other part.



B – BORDER

The borders of the mole are irregular, ragged, blurred or notched.



C – COLOR

The color of the mole is not the same throughout. There may be varying shades of tan, brown, black, red, blue or white.



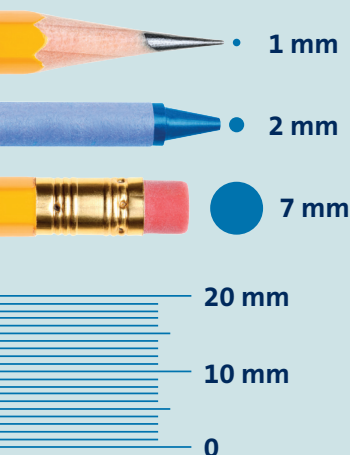
D – DIAMETER

Melanoma is usually larger than 6 millimeters (mm) when diagnosed, but they can be smaller.



E – EVOLVING

The mole or spot on your skin looks different from the rest or is changing in size, shape or color.



The ruler above can help you measure a mole and allow you to track its growth over time.

Keep a diary of your self-exams. Call your dermatologist or primary care physician if you notice any changes.

Steps of Self-Exam:



1. Examine body front and back in mirror, then right and left sides, arms raised.



2. Bend elbows. Look carefully at forearms, back of upper arms and palms.



3. Look at backs of legs and feet, spaces between toes and soles.



4. Examine back of neck and scalp with a hand mirror. Part hair to lift.



5. Check back and buttocks with a hand mirror.

**Information adapted from the American Cancer Society.*

To find the right cancer expert for you, contact OhioHealth CancerCall:

(614) 566-4321

or 1 (800) 752-9119

Monday-Friday, 8 AM to 5 PM

OhioHealth.com/Cancer



OhioHealth

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Take action towards preventing skin cancer

One in five Americans will develop some form of skin cancer during their lifetime. Sun exposure is the most preventable risk factor for all skin cancers. You can lower your risk by taking certain steps, including:

- + **Teach children and teens about sun protection.**
- + **Use sunscreen daily** (water-resistant SPF 30 or greater). Reapply often.
- + **Avoid sunburns.**
- + **Seek shade and limit sun exposure**, especially during peak sun hours.
- + **Wear protective clothing** (such as a hat and sunglasses) when outside.
- + **Use extra caution near water, sand, snow and concrete**, which can increase your chances of sunburn.
- + **Avoid tanning beds and sun lamps.**
- + **Stop using tobacco products** because they have a harmful effect on your immune system.
- + **Examine your skin regularly** (see reverse side).
- + **Schedule a skin screening examination** with a dermatologist annually to detect skin cancer at its earliest and most curable stage.

**Information adapted from MD Anderson Cancer Center prevention guidelines.*

Find the right cancer expert for you.
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(614) 566.4321 or 1 (800) 752.9119
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OhioHealth.com/SkinCancer

**WANT MORE
INFO?**

ADDITIONAL RESOURCES:

American Cancer Society (ACS)
Cancer.org | 1 (800) 227-2345

American Academy of Dermatology (AAD)
AAD.org/For-The-Public | 1 (866) 503-7546

National Cancer Institute (NCI)
Cancer.gov | 1 (800) 4-CANCER



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