

GET INFORMED

A, B, C, D, E OF MELANOMA DO YOU KNOW WHAT TO LOOK FOR?

A = ASYMMETRY

Melanomas are frequently asymmetrical: the shape of one half does not match the other.



B = BORDER

Melanomas frequently have uneven or irregular borders (ragged or notched edges).



C = COLOUR

Melanomas often contain multiple shades of brown or black but can sometimes be mixed with white, gray, blue, or red. Some melanomas will show a loss of colour in a pre-existing mole or in the area surrounding the mole.



D = DIAMETER

Melanomas are often larger than 6 mm (1/4 inch) in diameter. However, with increased awareness about early detection, about 30% of melanomas are found when they are less than 6 mm in diameter.



E = EVOLUTION

Any change. Melanomas typically have shown some evidence of change in the months prior to diagnosis. If the mole is itchy, growing, scabbing or bleeding, see your dermatologist immediately.



Make an appointment with your physician if you observe changes that concern you and then pursue an appointment with a dermatologist who specializes in skin cancer. Remember it is important that melanoma be found and treated in its early stages.

Information provided herein is for background purposes only. It is not a substitute for professional care or advice. If you have or suspect you have a skin problem you should consult a dermatologist or other professional healthcare provider.

Special thanks to the Melanoma Network of Canada for use of this helpful tool.
For more information, please see: www.melanomanetwork.ca

USEFUL RESOURCES

For more information on Douglas Wright Foundation or melanoma prevention and diagnosis please see our website: www.douglaswrightfoundation.ca and our Facebook page: www.facebook.com/douglaswrightfoundation