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 ABCDs

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asymmetry</td>
<td>Border</td>
<td>Color</td>
<td>Diameter</td>
<td>Evolution</td>
</tr>
<tr>
<td>The two sides look different from each other.</td>
<td>The border is crooked, jagged or irregular.</td>
<td>The mole is multi-colored.</td>
<td>The width is more than 6 millimeters, the size of a pencil eraser.</td>
<td>The mole has changed in size, shape or feeling.</td>
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Suspicious spots or unusual moles could be a sign of skin cancer.
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?

Our cancer prevention specialists are experts in cancer risk reduction and early detection.

Appointments available 713-745-8040