

Melanoma is a less common but most dangerous form of skin cancer since it can spread in the body.

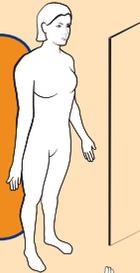
MELANOMA SKIN CANCER

KNOW THE SIGNS, SAVE A LIFE

5 steps to SKIN CANCER SELF-EXAM

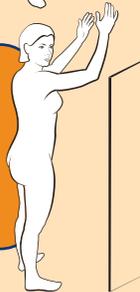
1

Using a mirror in a well lit room, check the front of your body - face, neck, shoulders, arms, chest, abdomen, thighs and lower legs.



2

Turn sideways, raise your arms and look carefully at the right and left sides of your body, including the underarm area.



3

With a hand-held mirror, check your upper back, neck and scalp. Next, examine your lower back, buttocks, backs of thighs and calves.



4

Examine your forearms, palms, back of the hands, fingernails and in between each finger.

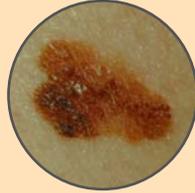


5

Finally, check your feet - the tops, soles, toenails, toes and spaces in between.



ABCDEs of Melanoma



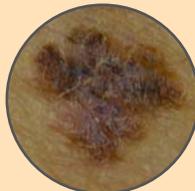
A ASYMMETRY

The shape on one side is different than the other side.



B BORDER

The border or visible edge is irregular, ragged and imprecise.



C COLOUR

There is a colour variation with brown, black, red, grey or white within the lesion.



D DIAMETER

Growth is typical of melanoma. It is usually more than 6 mm although it can be less.



E EVOLUTION

Look for change in colour, size, shape or symptom such as itching, tenderness or bleeding.

Photos provided by Dr Joël Claveau

PROTECT YOURSELF!

The best ways to protect yourself are to:

- Find out your risk factors
- Learn the early signs, the ABCDEs of melanoma
- Protect yourself from the sun from spring to fall and avoid sunbeds
- Check your skin once a month
- Take action if you see any suspicious spots

For further information, visit www.dermatology.ca



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Canadian Dermatology Association
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