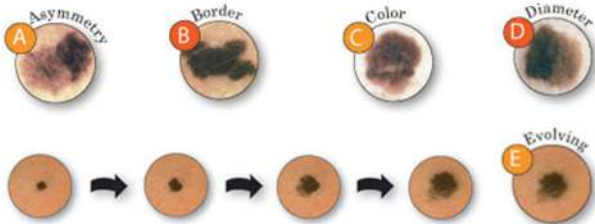


# ABCDEs OF MELANOMA

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**IMPACT**  
MELANOMA  
[www.impactmelanoma.org](http://www.impactmelanoma.org)

IMAGE SOURCE: THE AMERICAN ACADEMY OF DERMATOLOGY

## A RULE TO LIVE BY

1. Get a full skin exam yearly if you are over 18.
2. Avoid sunburns, tans, and tanning beds.
3. Wear sun protective clothing, a hat with a brim, and sunglasses.
4. Use plenty of sunscreen (at least SPF 30) and reapply often on exposed skin.
5. See your doctor if a moles meet any of the ABCDE's or change.

6mm

1cm

2

3

4

5

6

7

8

9