ABCDEs OF MELANOMA

Asymmetry **Border** **Color** **Diameter** **Evolving**

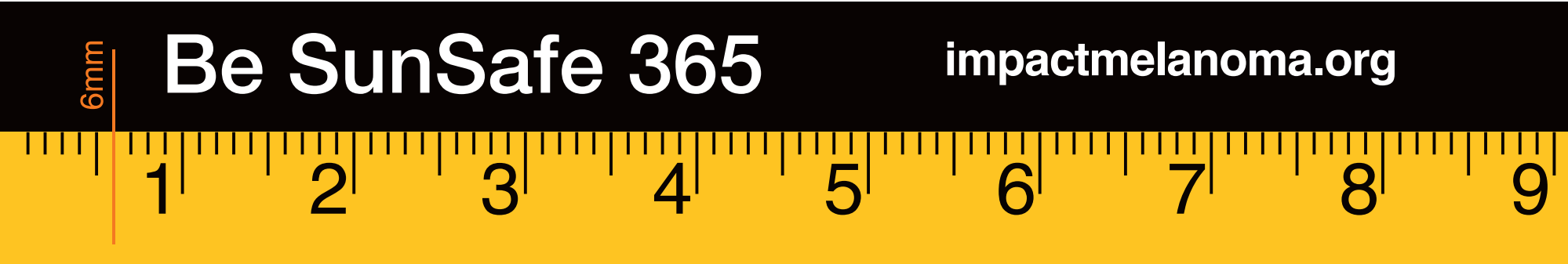
IMPACT MELANOMA

5 STEPS TO PROTECT YOUR SKIN

Wear sun protective clothing, a hat with a brim, and sunglasses.

Use plenty of sunscreen (at least SPF 30). Reapply every 2 hours.

Avoid sunburns, tans, and tanning beds.

Get a yearly, full-skin exam if you are over 18.

See your doctor if a mole meets any of the ABCDE's.