DID YOU KNOW?

Examining your skin on a regular basis can help prevent skin cancer.

Follow these easy ABCDEs of early detection:

A  Asymmetry
   One half is unlike the other.
   GOOD Symmetrical
   BAD Asymmetrical

B  Border
   Blurry and/or jagged edges.
   GOOD Even edges
   BAD Uneven edges

C  Colour
   More than one shade or colour.
   GOOD One shade
   BAD Two or more shades

D  Diameter
   Greater than 6 mm.
   GOOD Smaller than 6mm
   BAD Larger than 6mm

E  Evolution
   Watch for changes over time. If your mole changes in size, shape or colour, it might be suspicious.
   GOOD
   BAD

Always wear sunscreen with SPF 30 or higher as the sun’s rays can bounce off the snow, sand, water and even concrete.

www.canadianskincancerfoundation.com