

DID YOU KNOW?

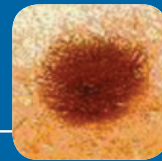
Examining your skin on a regular basis can help prevent skin cancer.



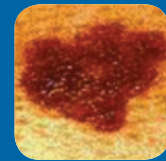
Follow these easy **ABCDEs** of early detection:

A **Asymmetry**
One half is unlike the other.

GOOD



Symmetrical

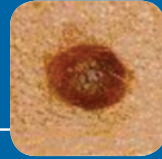


Asymmetrical

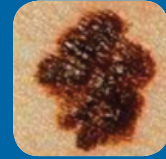
BAD
Have a doctor check it out

B **Border**
Blurry and/or jagged edges.

GOOD



Even edges

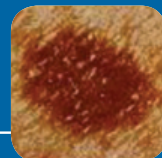


Uneven edges

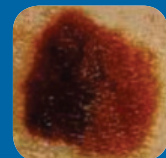
BAD
Have a doctor check it out

C **Colour**
More than one shade or colour.

GOOD



One shade

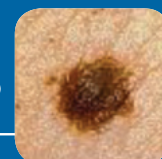


Two or more shades

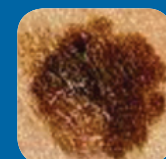
BAD
Have a doctor check it out

D **Diameter**
Greater than 6 mm.

GOOD



Smaller than 6mm



Larger than 6mm

BAD
Have a doctor check it out

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



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



Canadian Skin Cancer Foundation

www.canadianskincancerfoundation.com