Melanoma is the most deadly of all skin cancers, and Utah has the highest melanoma rate in the United States.* If melanoma is found early, it is easier to treat. Talk to your health care provider right away if you see any of these warning signs.

**ABCDE Warning Signs**

**Asymmetry**
One half unlike the other half

**Border**
Jagged or notched borders

**Color**
Extra-dark or several colors

**Diameter**
Larger than the size of a pencil eraser (6 mm)

**Evolution**
New, itchy, or bleeding; growing, shrinking, or disappearing; changing in color or shape

**“Ugly Duckling” Moles**

Compare your moles to each other. If you have a mole that is different than your other moles, show it to a dermatologist.

* Source: NAACCR CiNA/SEER
Images: HCl Melanoma and Cutaneous Oncology Program
**Prevention Tips**

Anyone can get skin cancer. Here are some ways to lower your risk:

- Enjoy your natural skin color. Avoid tanning beds, sunlamps, and laying out.
- Protect your skin and eyes from sun damage. Wear protective clothing such as long sleeves, pants, a hat, and sunglasses.
- Cover exposed skin with SPF 30+ broad-spectrum sunscreen that contains zinc oxide or titanium dioxide. Reapply as directed on the label. SPF lip balm is also helpful.

**Other Skin Cancers**

Any sores, bumps, waxy-looking spots, or scaly patches that do not go away within a month may be skin cancer.

**Skin Self-Examination**

Huntsman Cancer Institute’s doctors recommend you check your skin monthly to get familiar with your own moles and freckles. Talk to a dermatologist right away if you see any changes.

1. Check your skin completely; look at both sides of your body with your arms raised and lowered.
2. Use a mirror for areas that are hard to see.
3. Look at the backs of your legs, bottoms of your feet, and between your toes.
4. Don’t forget to check your scalp. You can ask your hairstylist to help you do this.

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**Contact Information**

- stop by 1950 Circle of Hope 6th floor of HCI’s hospital
- call 1-888-424-2100 toll free
- e-mail cancerinfo@hci.utah.edu
- text “askhci” to 66746
- visit www.huntsmancancer.org/clc