

# MELANOMA

## Know the Warning Signs

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



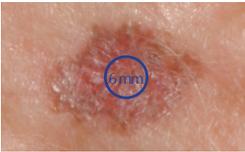
**A**symmetry  
One half unlike  
the other half



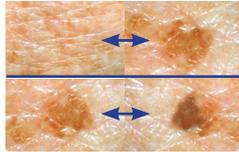
**B**order  
Jagged or  
notched borders



**C**olor  
Extra-dark  
or several colors



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



**E**volution  
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: HCI Melanoma and Cutaneous  
Oncology Program

# Other Skin Cancers

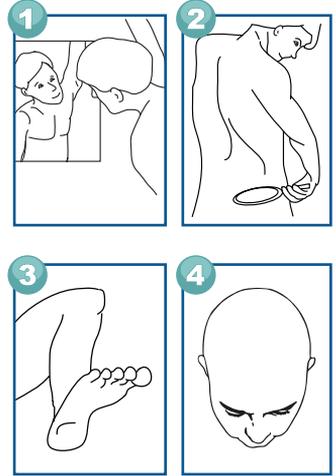


Any sores, bumps, waxy-looking spots, or scaly patches that do not go away within a month may be skin cancer.

## 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.



## 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.

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