



BASIC INFORMATION ABOUT SKIN CANCER

Skin cancer develops primarily in areas that are exposed to the sun including the scalp, face, lips, ears, neck, chest, arms and hands and on the legs in women. But . . . it can also form on areas that rarely see the sun . . . your palms, beneath your fingernails, the spaces between your toes and under your toenails!

To detect melanomas and other skin cancers, use the **A-B-C-D-E skin self-examination** guide developed by the American Academy of Dermatology:



- A** Stands for **Asymmetrical** shape. Look for moles with irregular shapes such as two (2) very different looking halves.
- B** Stands for irregular **Borders**. Look for moles with irregular, notched or scalloped borders – the characteristics of melanomas.
- C** Stands for changes in **Color**. Look for growths that have many colors or an uneven distribution of color.
- D** Stands for **Diameter**. Look growths that are larger than ¼ inch or about the size of a pencil eraser.
- E** Stands for **Evolving Over Time**. Look for changes over time such as mole that grows in size or a mole that changes in color or shape. Moles may also evolve to develop new signs and symptoms such as new itchiness or bleeding.

The Medical Center of Plano, in conjunction with the American Cancer Society and the Dallas/Ft. Worth Dermatological Society, will be sponsoring a FREE melanoma and skin cancer screening:

SATURDAY, MAY 22

8:00 AM – NOON

No appointments; FREE parking

Park in the north parking lot and enter by the ER. Greeters will direct you to where the screening is occurring.

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL



The Medical
Center of Plano