

# Adventist Health wants you to know your ABCDEs of Melanoma Skin Cancer

Skin cancer is the most diagnosed type of cancer, and it can be prevented with early detection. Two primary types of skin cancer are keratinocyte carcinoma (basal and squamous cell skin cancers) and melanomas.

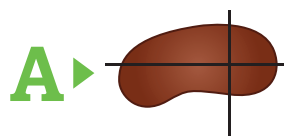
- Basal and squamous cell skin cancers are the most routinely found cancers of the skin. They develop from cells called keratinocytes, the most common cells in the skin.
- Melanomas are cancers that develop from melanocytes, the cells that make the brown pigment that gives skin its color. Melanocytes can also form benign (noncancerous) growths called moles.

## How to spot a suspicious mole or skin growth

The best way to detect skin cancer early is to be aware of new or changing skin growths. Any new lesions or a change in a lesion's appearance is a reason to be evaluated.

### Asymmetry

Melanomas are generally asymmetric, meaning that one side of the mole looks different from the other. Ordinary moles are usually symmetric, either round or oval.



### Borders

Melanomas have uneven borders (edges) that are ragged, notched or blurred. Ordinary moles have even borders.



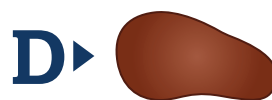
### Color

Melanomas have uneven coloring. They may have patchy areas of brown, blue, red, tan, white, gray or pink. Ordinary moles are usually an even shade of brown or tan.



### Diameter

Melanomas are usually more than ¼ inch in diameter (about the size of a pencil eraser), but some may be smaller than this size. Ordinary moles are usually smaller and stay the same size and shape.



### Evolution

Melanomas generally change in size, shape or color over a short time. Ordinary moles stay the same size, shape and color for many years.



If you have any material changes to your skin, talk to your doctor. **Visit [AdventistHealth.org](http://AdventistHealth.org) for more information.**

