

# HERE'S TO HEALTH

## ABCDE Rule

### A for ASYMMETRY

• In cases of skin cancer, spots or moles will not look the same on both sides.

### B for BORDER

• Moles or spots with a jagged edge can be a sign of a cancerous or pre-cancerous growth.

### C for COLOR

• A mole that has more than one color should be considered suspicious.

### D for DIAMETER

• If a growth is larger than a pencil eraser it needs to be checked by a doctor.

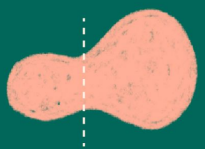
### E for ELEVATION

• If a mole or growth is raised and/or has an uneven surface it is cause for concern.

The ABCDE Rule of skin cancer is an easy to remember system for determining whether a mole or growth may be cancerous. They describe the physical condition and/or progression of any skin abnormality that would suggest the development of a malignancy.

# A

**Asymmetry :** One half of a mole or birthmark does not match the other.



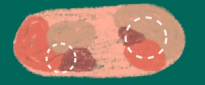
# B

**Border :** The edges are irregular, ragged, notched, or blurred.



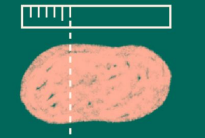
# C

**Colour :** The colour is not the same all over and may include multiple colours.



# D

**Diameter :** The spot is larger than 6 millimetres across.



# E

**Evolving :** The mole is changing in size, shape, or colour.

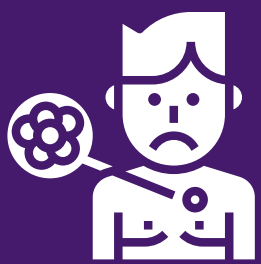


## ABCDE RULE EDITION

*Know your ABCDE's!*



If you notice any changes to your skin that worry you, don't hesitate to see your doctor. This is particularly true if there is any blemish or growth that changes rapidly or bleeds easily.



<https://www.verywellhealth.com>