

"THE ABCDEs"

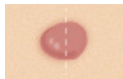
MOLE OR MELANOMA?

Examine these mole features below to determine if a mole is benign or if you may need to see a board-certified dermatologist.

A

ASYMMETRY

One half of a mole does not match the other.



Benign



See Dermatologist

B

BORDER

The edges are irregular, ragged, notched, or blurred. Normal moles are round or oval.



Benign



See Dermatologist

C

COLOR

The mole is not evenly colored. It may include shades of brown or black, or patches of pink, red, white or blue.



Benign



See Dermatologist

D

DIAMETER

The spot is larger than 6 millimeters across.



LESS THAN .25 IN

Benign



GREATER THAN .25 IN

See Dermatologist

E

EVOLVING

The mole is changing in size, shape, or color.



Benign



See Dermatologist

Schedule a full-body skin exam every year with a board-certified dermatologist.



DR. NICHOLS'

SUN SAFETY TIPS



Apply Sunscreen
of 30 SPF or more everyday
and every 2 hours



Put on a Hat



**Wear
Sunglasses**



**Wear Protective
Clothing**



Seek Shade



**Never use a
Tanning Bed**

At NicholsMD, educating others about sun-safe behaviors and advocating for healthy skin is at the core of our mission. We encourage you to help us spread awareness by sharing this tip sheet.