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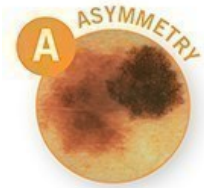
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What to look for: ABCDEs of melanoma

Download the AAD's [body mole map \(/File Library/Main navigation/Public and patients/SPOT Skin Cancer™/Free resources/aad-body-mole-map.pdf\)](/File Library/Main navigation/Public and patients/SPOT Skin Cancer™/Free resources/aad-body-mole-map.pdf) to note the results of your [self-examination \(/public/spot-skin-cancer/learn-about-skin-cancer/detect\)](/public/spot-skin-cancer/learn-about-skin-cancer/detect). Consult your dermatologist immediately if any of your moles or pigmented spots exhibit:



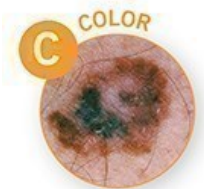
A = Asymmetry

One half is unlike the other half.



B = Border

An irregular, scalloped or poorly defined border.



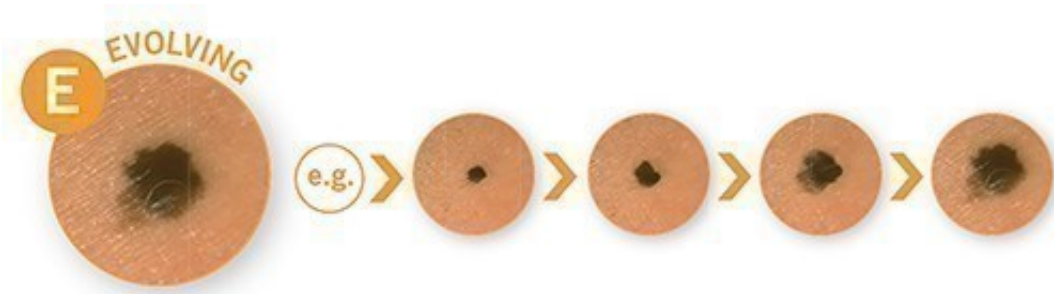
C = Color

Is varied from one area to another; has shades of tan, brown or black, or is sometimes white, red, or blue.



D = Diameter

Melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, but they can be smaller.



E = Evolving

A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

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