

Mayo Clinic Minute

The A, B, C, D, Es of skin cancer

Video	Audio
	Skin cancer is the most common form of cancer, but many ignore their risks.
00:01:41	“There are basal cell cancers. There are squamous cell cancers and melanoma. Melanoma is the most dangerous of the skin cancers.”
	And Dr. Cathy Newman, a Mayo Clinic dermatologist, says more than a million Americans have melanoma right now or a history of it.
00:06:22 Cathy Newman, M.D. Dermatology Mayo Clinic	“Melanoma is more common in the sun-exposed areas, but, again, it can be other places. So one of the big things that we push in Dermatology is trying to get people to look at all their skin – not just the sun-exposed areas.”
	And check regularly because the earlier you catch a melanoma, the easier it is to treat.
	Dr. Newman says to remember the A, B, C, D, Es of melanoma when you’re checking.
	“A” is for “asymmetry”: One half is unlike the other half.
	“B” is for “border irregularity”: If a mole starts developing a tail or irregular borders.
	“C” is for “color”: If a mole changes color, doesn’t match the color of other moles or varies color from one area to another.
	“D” is for “diameter”: If a mole starts getting bigger.
	And “E” is for “evolving”: Keep checking for any other changes in a mole.
	For the Mayo Clinic News Network, I’m Ian Roth.