

Skin Cancer Awareness



Slop on a SPF 30+ Sunblock



Slap on a SPF 30+ Hat



Wear SPF 30+ Sunglasses

www.Keys-Soap.com

Education Key to early detection. Know your ABCD Melanoma Rules

Melanoma skin cancer is rising at an alarming rate. Early detection is critical to successful treatment and cure. Cancer specialists world-wide urge people of all ages to apply the ABCD to moles, these rules outline the warning signs of melanoma:





A-Asymmetry: one half of a mole does not match the other half.





B-Border irregularity: the edges are ragged, notched or blurred.





C-Color: mole is not a uniform color; melanomas can range in shades from tan through red to blue.





D-Diameter: melanomas are usually larger than 6mm-see guide below.

Note: melanoma can be smaller than 6mm—any changes in size, color, shape or texture of a mole, new mole, itching or bleeding, change in skin—see dermatologist immediately.

i nis scale is approximate. In doubt, see your doctor 09 0t

30

mm

90

07