



Kenneth Mark Skin Care, Inc.



Self






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# Diagnosis: skin cancer

These three women had cancer. They're sharing

**Spot check: the ABCs of skin cancer**  
 See a mole that's changed color or shape? Go to a doctor, pronto! When people notice an anomaly, they are two times more likely to have melanoma, according to data compiled from five American Academy of Dermatology skin cancer screening programs. Watch for these warning signs.

WHAT TO LOOK FOR	WHAT IT MEANS
 A is for asymmetry	Healthy moles are typically symmetrical, so both sides of a growth should match if you visualize a line through the middle in any direction. Use a full-length mirror plus a handheld one to examine out-of-sight areas such as your back and rear.
 B is for border	Uniformity suggests cells are healthy. If the rim is irregular or indistinct, get a dermatologist to check it, says Darrell S. Rigel, M.D., clinical professor of dermatology at New York University Medical Center in NYC and the cocreator of this A-through-E system.
 C is for color	It's not about how dark a mole is. (Even almost-black marks can be benign.) But various shades of brown, tan or black in one spot could mean that the cells are not functioning properly. Also, be suspicious of unusual hues such as red, white or blue.
 D is for diameter	The rule of thumb is to be wary of moles larger than 6 millimeters across (the size of a pencil eraser). Recent evidence, however, indicates that even those that are minuscule can be malignant—and possibly life-threatening.
 E is for evolving	You are also an important surveillance system. "If a growth's characteristics have recently changed, then run, don't walk, to your dermatologist," says Kenneth Mark, M.D., assistant clinical professor of dermatology at New York University in NYC.

Quotes from Dr. Kenneth Mark