

“THE ABCDEs”

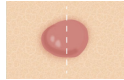
## MOLE OR MELANOMA?

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

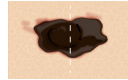
**A**

### 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.



Benign



See Dermatologist

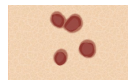
**E**

### 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

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**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.