

# ✓ Check your birthday suit on your birthday!®

For skin cancer awareness, the American Academy of Dermatology recommends you inspect all moles and pigmented spots on your body, noting any changes that may need attention. So, every year on your birthday, check your birthday suit just by remembering your ABCs outlined below, and remember to report any differences to your healthcare provider.

**A is for Asymmetry:** If you draw a line through the mole, the two halves will not match.

**B is for Border:** The edges are jagged, irregular or blurred.

**C is for Color:** The color or pigmentation is not uniform and/or has varying shades of tan, brown or black; you may sometimes see blue, white or red as well.

**D is for Diameter:** The size of the mole is greater than 1/4 inch (6mm). This is equivalent to the size of a pencil eraser.

**E is for Evolving:** Over time, the mole changes shape, color, size, etc.

Other warning signs include:

Appearance of new bump or nodule	Itching
Color spreads onto surrounding skin	Bleeding
Redness or swelling beyond the mole	Oozing
Scaly appearance	Pain/Tenderness

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