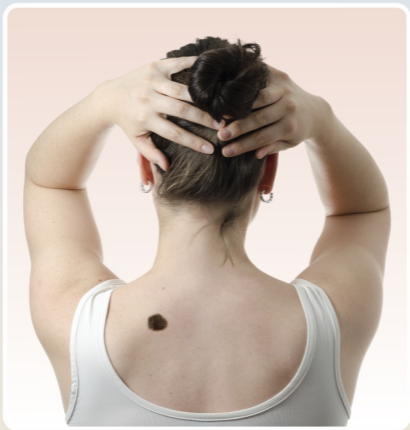




WASHINGTON
DERMATOLOGY
CONSULTANTS



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Learning the ABCDEs of skin cancer could save your life

About one of every five Americans will be diagnosed with skin cancer. Melanoma, the deadliest type, claims a life every hour.

Dr. Neal and the Washington Dermatology Consultants team urge you to learn your ABCDEs – it could save your life or the life of someone you love through early detection.

The warning signs of melanoma:

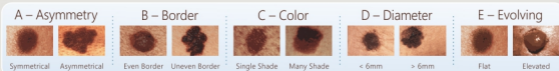
A – Asymmetry. If you divided a mole down the middle, would the halves look the same?

B – Border. Is the edge notched, blurred, or jagged?

C – Color. Is the mole multiple shades, or an unusual color (blue, purple, red, or black)?

D – Diameter. Is the mole larger than 6mm (about the size of a pencil eraser) in diameter?

E – Evolving. Watch for a spot that is changing in shape, size or color or that bleeds, itches or will not heal.



Melanoma and other forms of skin cancer are largely preventable with healthy sun and UV protection habits, and the cure rate is favorable when skin cancers are caught before they've had a chance to progress. Early detection is vital to effective treatment and successful outcomes.



Remember – check head to toe, front and back once a month, and schedule an annual full body screening at Washington Dermatology Consultants.

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