# A B C D E’s of Melanoma

<table>
<thead>
<tr>
<th><strong>A</strong></th>
<th><strong>B</strong></th>
<th><strong>C</strong></th>
<th><strong>D</strong></th>
<th><strong>E</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Asymmetry</td>
<td>Borders</td>
<td>Color</td>
<td>Diameter</td>
<td>Evolving</td>
</tr>
<tr>
<td>Where one half of a mole or lesion does not match the other.</td>
<td>The edges of the mole or lesion are irregular, ragged, notched, or poorly defined.</td>
<td>The color of the mole or lesion varies with shades of brown or black, and sometimes with patches of pink, red, white, or blue.</td>
<td>The spot is about the size of a pencil eraser or larger.</td>
<td>The mole or lesion is changing in size, shape, or color.</td>
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**Location of Melanoma**

- **MEN**
  - 7.1% HEAD
  - 4.3% NECK
  - 12.8% UPPER BODY
  - 6.1% LOWER BODY
  - 3.3% defence
  - 10.6% arm

- **WOMEN**
  - 6.3% HEAD
  - 3.9% NECK
  - 13.1% UPPER BODY
  - 6.3% LOWER BODY
  - 6.8% breast
  - 2.3% defence
  - 5.2% arm
Prevention / Other Risk Factors

**PREVENTION**
- Get an annual checkup
- Watch brown spots and freckles for changes
- Wear sunblock every day
- Reduce sun exposure

**OTHER RISK FACTORS**
- Family history of melanoma
- Personal history of melanoma
- Multiple atypical moles or dysplastic nevi
- Sun exposure
- Fair skin

When detected early, most skin cancers can be successfully treated.
Skin Cancer Screenings at Aspen Ideas Festival

2013 | 2014 | 2015 | 2016 | 2017 | 2018

4,086

FINDINGS OVER SIX YEARS

INDIVIDUALS SCREENED

After your screening, we recommend you follow up with your local physician.

44 MELANOMA

Deadliest form of skin cancer with 9,320 deaths estimated in the United States for 2018.

192 BASAL CELL

Most common form of skin cancer with more than 4 million cases per year in the United States.

90 SQUAMOUS CELL

Second most common form of skin cancer with more than 1 million cases per year in the United States.

802 BIOPSIES RECOMMENDED

747 PRECANCEROUS LESIONS

Your best defense against skin cancer is prevention. Learn how to spot skin cancer at its earliest, most treatable stage. Some simple precautions to take include: do a monthly head-to-toe skin self-exam; get a full-body skin check by a physician at least once a year; apply sunscreen daily, all year round; practice safe sun and ultraviolet (UV) light exposure; and dress with sun-protective clothing.