

## Skin Cancer Screening Handout

Regardless of what frequency you visit the dermatologist for a full body skin cancer screening, it is important to do monthly self-skin checks. As you examine your skin, note any spots which are new, changing, or symptomatic. Anything on your skin which bleeds, does not heal after several weeks, continues to grow, or looks concerning needs a professional evaluation. In particular, look for the following features to existing moles:

- A – Asymmetry (not congruent in color, shape, or size)
- B – Border (irregularly shaped)
- C – Color (darker or lighter)
- D – Diameter (growing in size)
- E – Evolving (changing in any way)

Moles which meet any criteria above should be evaluated by a dermatologist.

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Updated 8/2020  
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