

TABLE 3

American Cancer Society's ABCDE criteria

The test is considered positive if a lesion exhibits 1 or more of the 5 criteria

Assymetry—one half of the lesion not identical to the other

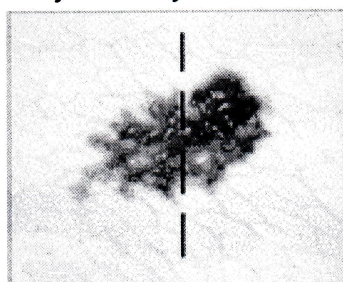
Border irregularity—lesion has an uneven or ragged border

Color variegation—lesion has more than one color (ie, black, blue, pink, red, or white)

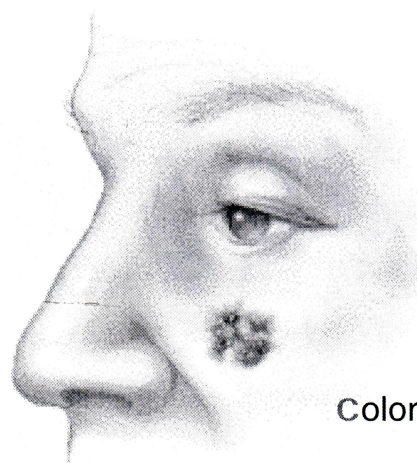
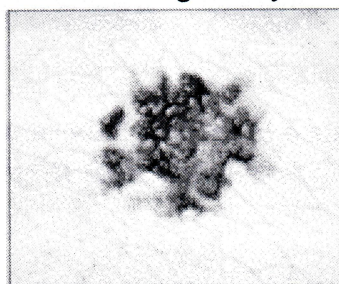
Diameter—lesion has a diameter greater than 6 mm

Elevation or Enlargement—elevation of lesion above skin surface or enlargement by patient report

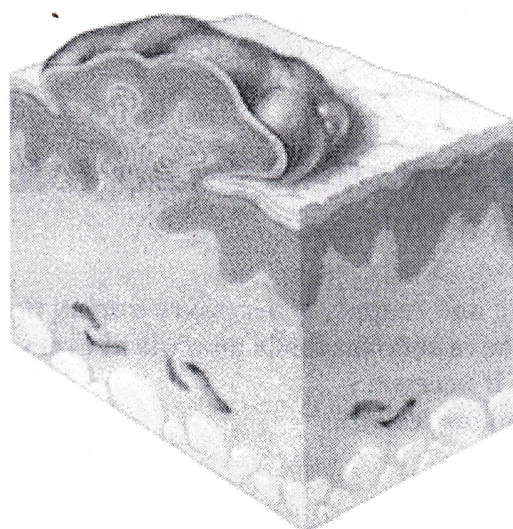
Asymmetry



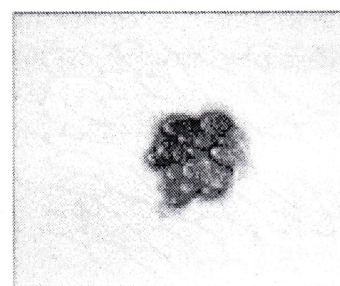
Border irregularity



Color variegation



Elevation



Diameter larger than 6 mm

ILLUSTRATION BY STEVE OH

From the desk of

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SKIN CANCER

EVERY HOUR (62 Minutes) a person dies of melanoma in the US. Skin cancer is on the rise and ***every physician has a medical and legal responsibility*** to help each patient with early detection and treatment.

All patients should have a regular full skin exams and be instructed how to render a competent self-exam. Detailed explanation of ABCD lesion evaluation strategy should be conveyed with picture examples (Asymmetry, border, color & diameter).

High risk patients are required to be told:

Avoid direct sunlight

Apply sunscreen (SPF 30+) every morning and reapply if necessary during the day

Increase antioxidant food intake (simply have colorful foods on plate at every meal)

Monitor Vitamin D level and supplement if necessary

See a dermatologist for suspicious or changing lesions.

I look forward to helping you keep your patients healthy, informed and skin cancer free.