

Learning the basics of melanoma

By ALEX OSIADACZ
Mayo Clinic News Network

Melanoma is a type of skin cancer that develops in cells that produce your skin's pigment. Regular skin checks can help you identify the warning signs and differentiate melanoma from non-cancerous skin formations, according to the American Academy of Dermatology.

Moles are a common skin growth, and most are harmless. But changes in moles and other pigmented patches may be the sign of skin cancer, particularly melanoma.

When it comes to early detection, just remember the ABCDEs.

"A" is for asymmetry.

"You want moles to be perfectly symmetrical, such that you could put a mirror right down the middle of it and the image would look the same," says Dr. Catherine Degeys, a Mayo Clinic dermatologist.

"B" stands for border.

"You want a nice crisp edge to these pigmented lesions and no scalloped edges or indistinct edges," says Dr. Degeys.

"C" is for color.

"In general, you want moles to be a homogenous color and not have multiple different pigmented areas," Dr. Degeys adds.

"D" represents the mole's diameter. Pigmented lesions being greater than 6 millimeters potentially need further



Dreamstime-TNS

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evaluation.

"E" is probably the most

important, and that corresponds with evolution, says

Dr. Degeys.

"Any pigmented lesion or

any moles that are changing are something that really

needs to be evaluated by a dermatologist."

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CROSSWORD PUZZLER

ACROSS

- Wharf
- Round Table knight
- Put
- Disentangle
- Sorority letter
- Cleveland NBAer
- Waikiki locale
- Freshly
- Mouths, in biology
- Epochs
- Comes close
- Pitch
- St. Louis hrs.
- GP, familiarly
- Mine find
- Tie-dyed garment
- Kublai —
- Providence loc.
- Mound
- Note before mi
- Courtroom ritual

DOWN

- Status —
- One, to Conchita
- Hold firmly
- Ernesto Guevara
- Final letter
- That fellow
- Tend the garden
- Galley mover
- Uttered shrilly
- Not fooled
- Not pro
- Dog's barks
- Throw off heat
- Omitting none
- Linoleum square
- Trillion (pref.)
- Layer or strand
- Whirlpool locale
- Delightful place

Answer to Previous Puzzle

C	A	K	E	M	U	F	F	D	I	M
A	M	I	D	A	R	L	O	I	R	A
B	O	L	D	S	L	O	G	A	I	D
K	N	I	C	K	S	E	E	L	S	
	E	H	S	W	Y	O				
E	R	O	D	E	D	A	N	U	M	B
L	E	A	W	A	I	S	T	F	A	Y
M	D	S	E	P	G	A	L	O	N	E
	K	I	T	Y	U	L				
N	Y	E	T	B	U	T	A	N	E	
B	A	A	A	V	E	R	M	I	S	C
A	P	R	I	L	I	T	A	L	P	O
D	A	N	Y	E	A	S	L	E	N	D

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