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| A group of objects on a surface  Description automatically generated with low confidence |
| Signs of skin cancerA visible change in your skin is the most common sign of skin cancer. Itcould be a new growth, a change in an existing mole or a sore that does not heal. For melanoma specifically, an easy way to remember the warning signs is the ABCDE’s of melanoma rule:**A: Asymmetrical**. The mole or spot does not have a regular shape.**B: Border.** The border of the mole or spot is irregular or jagged.**C: Color.** Uneven or irregular color.**D: Diameter.** The mole or spot is larger than the size of a pea.**E: Evolving.** The mole or spot has changed in the past few weeks.Contact your Everside Health & Wellness Center today to make an appointment to discuss what you can do to keep your skin healthy and mention any changes you have recently noticed in your skin. |
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