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**The ABCD Rule for Observing Moles and Pigmented Lesions**

**ASSYMETRY:** One half of the mole should look like the other.

**BORDERS:** Normal moles are well-defined and regular. A suspicious mole may have notched or irregular borders.

**COLOR:** The color should be uniform. Abnormal moles have shades of different colors: tan, black, red, white, or blue.

**DIAMETER:** Normal moles are usually smaller than the end of a pencil eraser or a standard hole puncher in a piece of notebook paper; roughly 6 mm or  $\frac{1}{4}$  inch.

**OTHER SIGNS TO WATCH FOR:** oozing and bleeding; a change in elevation such as a sudden increase in height or a bump that appears on a mole.

**Remember! If caught early, surgical excision of a malignant melanoma offers an excellent chance of a cure.**