Siksika Health Services

Screening & Prevention Program



Book your preventative health visit today

By appointment only (in clinic)

403-734-5630

403-499-8158

Tips for skin cancer prevention

It's a fact:

Skin cancer affects people of all colours.

- Even if you have a darker skin tone, always tan or rarely burn, you can still develop the disease.
- For people with darker skin tone, skin cancer is often diagnosed later, when it's harder to treat
- Simply put, if you have skin, you can get skin cancers.

ABCDE Rule

Use the ABCDE guide to identity suspicious moles or spots:

A **Asymmetry:** One half does not match the other.

B **Border:** Irregular, notched or scalloped edges.

C **Colour:** Moles with multiple colours to uneven distribution.

D **Diameter:** Moles larger than 6mm (about ¼ in)

E **Evolving:** Moles changing in size, shape, colour or developing new symptoms like itchiness or bleeding.