

May is MELANOMA, SKIN *and* BRAIN CANCER AWARENESS MONTH



MELANOMA & SKIN

Melanoma is a form of skin cancer. Tell your doctor if your skin shows any of the signs listed below.

The most important warning signs to look for are:

- A new spot on your skin.
- A spot that is changing in size, shape and/or color.
- A spot that looks different from all of your other skin spots.

The ABCDE Rule depicts the most common signs of melanoma:

- **A**symmetry – half of a mole or birthmark does not match the other.
- **B**order – edges are irregular, ragged, notched or blurred.
- **C**olor – not the same all over. May include shades of brown or black; or patches of pink, red, white or blue.
- **D**iameter – larger than 6 mm across (pencil eraser size) – although melanomas are sometimes smaller.
- **E**volving – spot or mole changing in size, shape and/or color.

Some melanomas do not fit these rules! Other warning signs may include:

- A sore that does not heal.
- Pigment from the border of a spot spreading into the surrounding skin.
- Redness or a new swelling beyond a spot's border.
- Change in sensation – itchiness, tenderness or pain.
- Change in a mole's surface – scaliness, oozing, bleeding; or the appearance of a bump or nodule.

It is important to tell your doctor about any changes or new spots on your skin, including growths that look different from the rest. It is sometimes hard to tell the difference between melanoma and an ordinary mole, even for doctors, so be sure to show your doctor any areas that concern you and ask him/her to look at areas that are hard for you to see.



BRAIN

The symptoms of brain cancer vary depending on several factors such as tumor type, size, location and extent – as well as age, health history and more.

Common signs and symptoms of brain cancer can include:

- Headache, weakness, numbness, nausea, vomiting and/or seizures.
- Not feeling right cognitively; or having visual, speech or coordination problems. The location of the cancer can influence which part of the brain is involved and the functional system it affects (i.e., motor, sensory, language, etc.).
- Symptoms that are subtle or develop gradually over time.

Any tumor of significant size can cause multiple symptoms due to pressure created by the mass.

Contact your doctor if you are experiencing any of these symptoms.

