Distinguishing Pigmented Lesions (part 2)

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Melanoma- ABCDE’s

A- Asymmetry
B- Borders
C- Color
D- Diameter
E- Evolving

Normal Nevi

Need to first learn to recognize normal before appreciating the abnormal, with the most difficult being the gray areas in the middle.
**Normal Nevi**

**Melanoma - the more obvious ones**

**Melanoma**

Jet black, Nodular appearing

**Melanoma not usually this obvious**

**Melanoma**

Mimicking a Seborrheic Keratosis, Evolving from Dysplastic Nevi
Melanoma - types

- **Superficial spreading melanoma** (about 70% of diagnosed cases)
- **Nodular melanoma** (about 15% of diagnosed cases)
- **Lentigo maligna melanoma** (about 10% of diagnosed cases)
- **Acral lentiginous melanoma** (about 5% of diagnosed cases)
Acral Lentiginous Melanoma

Dysplastic Nevus Syndrome
Very commonly seen in my office for skin exams

Dysplastic Nevus Syndrome
Can be difficult to pick out the most abnormal from the "sea" of abnormal

"The Ugly Duckling"
Finding the needle in the haystack…

Seborrheic Keratoses
**Seborrheic Keratoses**

- Asymmetric, Irregular bordered, multi-colored/black, Diameter >6mm, Evolving: Yes...

**Melanoma**

- Prevention
  - Sunscreen
  - Sun Avoidance
- Early Detection
  - Self exams
  - Skin checks annually
  - Biopsy of suspicious lesions

**Thank You**