



Commissioner O'Dowd with NJHA President and CEO Betsy Ryan (far right) and members of the planning committee for the NJHA Mother-Baby Summit.

Forums Focus on Health in All Environments

By Mary E. O'Dowd, MPH, Commissioner, New Jersey Department of Health



This month I attended two forums that focused on helping residents make healthier choices by making cultural and environmental changes. At the Robert Wood Johnson Foundation's Culture of Health Forum on June 20, leaders from a variety of sectors convened to address how everyone in New Jersey can work together to build a culture of health enabling residents to lead healthier lives now and for generations to come.

Much of the discussion was focused on how individuals, businesses, government and organizations can work across silos to foster healthier communities and lifestyles. I highlighted the various ways that the Department has been working toward this goal through a comprehensive approach to affect change by: defining goals and measurable outcomes with our Healthy NJ 2020 state health improvement plan; strategically funding programs and partners to incentivize reforms to our delivery system; and enhancing our regulations.



Commissioner O'Dowd at the Robert Wood Johnson Foundation's Culture of Health Forum, with Annette Catino, President & CEO, QualCare, and Dr. Ruth Perry, Executive Director, Trenton Health Team.

On June 9, I spoke at the New Jersey Mother-Baby Summit in Princeton, hosted by the New Jersey Hospital Association. Through the New Jersey Baby Friendly Hospital Initiative (BFHI) and new state regulations initiated by the Department of Health, we are changing the culture of our health care facilities to ensure they support breastfeeding, which paves the way for improved infant health.

The Centers for Disease Control and Prevention (CDC) reports that infants breastfed for the first nine months have a 30 percent reduced risk for obesity. Moreover, they are at lower risk of asthma, ear infections, pneumonia, type 1 diabetes and Sudden Infant Death Syndrome. Additionally, breastfeeding mothers benefit from lower risk of postpartum depression, breast and ovarian cancer, loss of baby weight, and bonding with their baby.

More than 200 healthcare professionals representing 52 birthing centers of the State's hospitals attended the Summit to learn about the progress and challenges of the Baby-Friendly Initiative and explore ways of working together to implement the state's comprehensive hospital regulations to support exclusive breastfeeding.

More New Jersey hospitals are adopting measures that encourage breastfeeding, including four that have earned "Baby-Friendly"

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Rutgers Unveils New Institute of Emergency Preparedness and Homeland Security

By Aditya Kulkarni, M.PH.

We all need to do our part to keep our nation safe, whether that means calling the police about suspicious activity or attending conferences to keep up to date on the latest developments in the fields of emergency preparedness and homeland security. That was the message of Acting Attorney General John Hoffman delivered to 500 professionals gathered on June 6th for the inaugural conference of the Rutgers Institute of Emergency Preparedness and Homeland Security.

Rutgers University used the conference at the Heldrich Hotel in New Brunswick to announce the Institute, which is designed to address disaster preparedness, emergency response, and the homeland security issues that our state has faced in incidents ranging from 9/11 to Superstorm Sandy.

"Rutgers established the Institute to play a leadership role, nationally and internationally in the fields of emergency preparedness, disaster response and homeland security," said former New Jersey Health Commissioner Dr. Clifton R. Lacy, who directs the Institute. "It brings together experts from the broad spectrum of disciplines that exist at Rutgers University – to forge collaborations among those professionals and between Rutgers faculty and entities in the public and private sectors."

Former US Homeland Security Secretary and Pennsylvania Governor Tom Ridge was the luncheon keynote speaker. He commended Rutgers for "taking the step that this nation has needed to take since 9/11. We have needed a system of information sharing and collaboration to ensure that we are prepared to handle future threats and natural disasters. For that, I applaud you all."

Commissioner O'Dowd, one of several Christie administration cabinet officers who addressed the conference, called the Institute "a great opportunity to take the academic and research strengths of Rutgers and join it with the ongoing work of the Department of Health to enhance New Jersey's readiness as a state and provide leadership on a national and—hopefully—global level."

Others speakers included Edward Dickson, Director of the NJ Office of Homeland Security and Preparedness, Human Services Commissioner Jennifer Velez; John Farmer, Jr., Esq., Rutgers Senior Vice President and General Counsel; and Thomas J. O'Reilly, Executive Director, The Police Institute at the Rutgers School of Criminal Justice, as well as Rutgers scientists and researchers from across the state.

Six expert panels were hosted throughout the course of the conference on different aspects of disaster preparedness and homeland security. The first panel featured topics in Mathematics, Cyber Threats, and Chemical Countermeasures. The second focused on Engineering and Transportation. The third panel, featuring Dr. Vicente Gracias, the Dean of Robert Wood Johnson Medical School, highlighted Clinical Disaster Response and Mass Casualty Management. The fourth and fifth panels focused on Law, Public Safety, and Homeland Security while the sixth panel addressed issues facing Survivors, Victim's Families, and Behavioral Health.

The goal of the day-long conference was to begin a new spirit of cooperation and collaboration to ensure improved disaster preparedness and prevention.

Aditya Kulkarni is entering his second year of medical school at Robert Wood Johnson University Medical School in Piscataway. He is a summer intern at the New Jersey Department of Health.



Speakers at the June 6 Inaugural Conference of the Rutgers Institute for Emergency Preparedness and Homeland Security from left to right: Homeland Security and Preparedness Director Edward Dickson; Commissioner O'Dowd; Richard L. Edwards, PhD, Rutgers Executive Vice President and Chancellor-New Brunswick campus; Institute Director Clifton R. Lacy, MD; Human Services Commissioner Jennifer Velez; Acting AG John Jay Hoffman; and RWJUH President and CEO Stephen K. Jones.

Community Health Wellness

Partnering for a Healthy New Jersey

JUNE 21 - 27 2014
National HIV Testing Week USA
 Talk HIV. Test HIV. Treat HIV.



CDC Video: Talk HIV. Test HIV. Treat HIV,

Christie Administration Recognizes First Annual National HIV Testing Week USA

National HIV Testing Day is June 27

New Jersey Department of Health Commissioner Mary E. O'Dowd encouraged residents to get tested for HIV as part of the inaugural "National HIV Testing Week USA" to learn their status and help stop the spread of HIV/AIDS.

"We are making great strides in the battle against HIV/AIDS," said Commissioner O'Dowd. "However the fact remains that more than 37,500 New Jersey residents are living with HIV/AIDS and an additional 6,700 residents are estimated to be infected but are unaware— which is why getting tested is so important."

The ultimate goal of National HIV Testing Week USA is to make more people aware of their HIV status and to reduce late diagnosis by communicating the benefits of HIV testing. National HIV Testing Week is being introduced to:

- Encourage people who are at risk of HIV to get tested
- Encourage healthcare professionals to offer an HIV test as part of routine care
- Encourage community dialogue about HIV testing, treatment and prevention
- Support and unite community organizations to scale-up HIV testing and share lessons learned across the US
- Make more key stakeholders aware of the benefits of HIV testing initiatives and how to evaluate HIV testing practices

More information about National Testing Week USA is available at: www.nhtwus.org

"The inaugural theme for National HIV Testing Week USA is - Talk HIV. Test HIV. Treat HIV," noted Commissioner O'Dowd. "The importance of these messages is critical because the only way to enroll in programs to receive life-saving treatment and control the spread of HIV is to first know your status. An effective strategy to ensure more people are tested and to destigmatize the test is for providers to incorporate it into routine patient care."

There are more than 140 rapid HIV testing sites in New Jersey that performed nearly 95,000 tests in 2013. Rapid HIV testing requires less than a single drop of blood from a fingertip. Test results are available in 20 to 40 minutes. For rapid HIV testing information, call 1-866-HIV-CHEC or visit the DOH website at:

<http://www.state.nj.us/health/aids/rapidtesting/location.shtml>.

After testing, if the results are positive, the Department's HIV Prevention Patient Navigator Program can help people get an appointment for care and treatment on the same or next business day. The navigator sites are located at the University Hospital and St. Michael's Medical Center, both in Newark; Jersey City Medical Center; Jersey Shore University Medical Center in Neptune; Atlanticare Regional Medical Center in Atlantic City; Cooper Health System in Camden; St. Joseph's Hospital and Medical Center in Paterson; and Trinitas Regional Medical Center in Elizabeth.

New Jersey's HIV testing program is supported through more than \$11 million in state and federal funding.

In recognition of National HIV Testing Week USA, Department of Health staff will attend educational health events at the Camden Area Health Education Center, Inc. in Camden on June 26, and the Iris House in Plainfield on June 27.

Read more: <http://nj.gov/health/news/2014/approved/20140623a.html>



Video: Commissioner's Message on West Nile Virus.

Take Safety Precautions this Summer

The summer has arrived and the Department of Health offers these safety tips to keep the summer fun and enjoyable.

Mosquitos:

Warm weather and increased outdoor activities increase the risk for mosquito-borne diseases, including West Nile Virus (WNV). You can take the following precautions to help avoid WNV.

- Use insect repellent
- Avoid outdoor activity at dawn and dusk
- Remove standing water from your property
- Maintain swimming pools

Get more information at:

<http://www.state.nj.us/health/cd/westnile/index.shtml>

Extreme Heat:

- Stay inside in air conditioned locations as much as possible
- Keep in the shade if you go outside
- Drink water regularly even if you are not thirsty. Limit alcohol, and sugary drinks which speeds dehydration
- Never leave children or pets alone in the car
- Avoid exertion during the hottest part of the day
- Take a cool shower or bath
- Be a good neighbor, check on elderly and people with disabilities in your community who may need assistance keeping cool

Additionally, residents should contact their local and/or county offices of emergency management regarding any open air-conditioned senior centers or cooling stations, or call 2-1-1.

Get more information at: <http://nj.gov/health/eoh/hhazweb/cool.htm>

Sun Protection:

The American Cancer Society estimates that, in 2014, 76,100 new cases of melanoma will be diagnosed in the United States, and approximately 2,500 will be diagnosed in New Jersey." Take precautions and be **A.W.A.R.E.**

Avoid going out in the sun without protection, especially between 10 a.m. and 4 p.m., times of peak UV exposure.

Wear sun-protective clothing, such as a long-sleeved shirt, sunglasses and a hat with at least a 3-inch brim.

Apply sunscreen with an SPF of at least 30 about 20 minutes before going outside. Reapply every two hours if remaining outside.

Routinely check your whole body for changes in skin pigmentation or the size and shape of moles. Report suspicious changes to your doctor.

Express the need for sun protection to your family and those around you.



CDC Video: How to Stay Cool in Extreme Heat



Skin Cancer Public Service Announcement by the American Academy of Dermatology

Community Outreach & Events

June 2014



Cathleen Bennett, Director of Policy and Strategic Planning, gave remarks at the 5th Annual Primary Care Provider Summit in Newark on June 11.

- June 6** – Commissioner O’Dowd provided welcoming remarks at the inaugural conference of the Rutgers Institute for Emergency Preparedness & Homeland Security in New Brunswick.
- June 9** – Commissioner O’Dowd gave the keynote address at the Mother/Baby Summit hosted by the New Jersey Hospital Association in Princeton.
- June 11** – Cathleen Bennett, Director of Policy and Strategic Planning, gave remarks on the progress of the New Jersey Health Information Network at the 5th Annual Primary Care Provider Summit in Newark.
- June 20** – Commissioner O’Dowd participated as a panelist at the Robert Wood Johnson Culture of Health forum in Princeton.

Department of Health

Staff Notes



Steven Bors, Program Manager, Vaccine for Children Program, attended the 2014 Conference on Immunization & Health Coalitions to participate in trainings regarding immunization management, vaccine hesitancy, and immunization program development opportunities.

Patricia Woods, Nurse Consultant and **Erick Cortes**, Public Health Representative with HIV, STD & TD Services, attended the 2014 National TB Conference sponsored by the Centers for Disease Control and Prevention. Patricia gave a presentation on using video remote access for direct observed therapy, while Erick presented on molecular epidemiology techniques and investigation.

Denise Garon, Public Health Representative, Epidemiology, Environmental and Occupational Health, gave a presentation on the meningitis outbreak at Princeton University at an Infection Control Conference sponsored by Communicable Disease Program at the Chicago Health Department.

Mary Ann Ellsworth, Public Health Consultant, Family Health Services attended the 2014 Association of Public Health Nutritionists (ASPHN) Conference, “Breaking Barriers to Health: Building an Equitable Future.” Ms. Ellsworth serves as a voluntary member of the ASPHN board of directors.

Deborah Parker-Smith, Health Care Services Evaluator Nurse, Health Care Facilities & Licensing attended CMS Basic Long Term Care Training, a 5-day interactive training experience designed to teach core topics on how to correctly apply and interpret Federal regulations via simulations.

Cynthia Dunn, State Training Coordinator and **Karen Villano**, Resident Assessment Instrument Coordinator (RAI) for Health Facility Survey & Field Operations attended Federal CMS training that provided key information and updates to Long Term Care Assessment protocols.



MaryAnn Ellsworth received that "Leadership" Award at the 2104 Association of Public Health Nutritionists Annual Conference on June 8.



Video: Learn why Public Health Accreditation is important to improving health services.

Department Seeks Public Health Accreditation

The Department is continuously seeking to improve the quality of services that we deliver to the residents of New Jersey. On May 30, the Department took an important step toward measuring our success by submitting an application for accreditation to the Public Health Accreditation Board (PHAB). PHAB is a national nonprofit organization, created in 2007, that is advancing public health performance by providing a national framework of standards for local, state, territorial and tribal health departments.

Accreditation is important because it requires the Department to examine what we do well and where we can improve. To put it simply, the process is an exhaustive review of virtually every service that we provide. It will require the Department to identify best practices, as well as performance gaps that need to be addressed.

Becoming accredited is no easy task. During the next year, the Department is compiling documents demonstrating we are meeting the performance criteria in 12 areas established by PHAB that are required for gaining accreditation. Successful accreditation will highlight the critical work and impact the Department has on protecting the public's health and show how the Department is advancing the quality and performance of all public health programs across the state.



Commissioner O'Dowd gave the keynote address at the Mother/Baby Summit hosted by the New Jersey Hospital Association in Princeton.

Commissioner's Message, *continued from page 1*

designations, a distinction that requires hospitals to implement policy change and train staff to promote exclusive breastfeeding: Capital Health in Hopewell, CentraState Medical Center in Freehold, Inspira Medical Center in Elmer and Jersey Shore University Medical Center in Neptune all gained this status in 2012. As a result, more than 6,800 babies were born in baby-friendly hospitals this year. Another 22 hospitals are currently on the path to earning Baby-Friendly status.

In addition to our efforts with hospitals, the Department has made the business case for breastfeeding to employer associations to explain how supporting breastfeeding moms can reduce sick days and turnover in the workplace. And our WIC program has made program improvements leading to a 21% increase in the number of infants in the program who are exclusively breastfed.

The Department is measuring our progress on improving breastfeeding rates and other public health goals through Healthy NJ 2020, which is our State Health Improvement Plan. The plan is prominently featured on the Department's new homepage that was launched on June 26.

Our new homepage (<http://nj.gov/health/>) highlights the Department's health improvement agenda and priorities and sets out a vision for desired outcomes and indicators that will help us understand how well public health is being improved and protected. The goal is to make our health priorities more accessible to health leaders and community partners for planning and designing their public health initiatives. Through making our goals more transparent, we can influence where we move as a state and foster collaboration, which is critical to making our state a healthier place to live, work and recreate.





CDC: Smoking Levels in High School Students at 22 Year Low

New Jersey's high school smoking rates stands at approximately 9%

According to the Centers for Disease Control and Prevention (CDC), cigarette smoking rates among high school students in the United States have dropped to the lowest levels since the National Youth Risk Behavior Survey (YRBS) began in 1991. By achieving a teen smoking rate of 15.7%, the United States has met its national Healthy People 2020 objective of reducing adolescent cigarette use to 16% or less.

The drop in teen smoking rates is even more pronounced in New Jersey. According to the state's youth tobacco survey, smoking rates among high school students have decreased from 14.3% in 2010 to approximately 9% in 2012.* It's important to note however, that the CDC reported that nationally e-cigarette use among middle and high school students has doubled between 2011 and 2012 which could account for some of the decline.

The Department has made it a priority to keep our state's smoking rates low; and programs such as the TASE (Tobacco Age of Sale) program and the New Jersey FDA Tobacco Compliance Check Inspection Program focus on keeping cigarettes away from teenagers. Both programs focus on ensuring that licensed vendors who sell tobacco products do not sell these products to minors. The programs have inspectors who conduct routine inspections of retail outlets statewide. Some teens participate as student associates in "undercover buy inspections" to determine retail establishments' compliance with age and photo identification.

All New Jersey residents who need help quitting are encouraged to call the NJQuitline: 1-866-NJSTOPS (1-866-675-8677).

On the national level the CDC found that despite progress, overall tobacco use remains a significant challenge. For example, other national surveys show increases in hookah and e-cigarette use. In the YRBS, no change in smokeless tobacco use was observed among adolescents since 1999, and the decline in cigar use has slowed in recent years, with cigar use now at 23% among male high school seniors.

"It's encouraging that high school students are making better health choices such as not fighting, not smoking, and not having sex," said CDC Director Tom Frieden, M.D., M.P.H. "Way too many young people still smoke and other areas such as texting while driving remain a challenge. Our youth are our future. We need to invest in programs that help them make healthy choices so they live long, healthy lives."

The YRBS provides data related to behaviors that contribute to unintentional injuries and violence. The 2013 survey found encouraging reductions in physical fighting among adolescents:

- The percentage of high school students nationwide who had been in a physical fight at least once during the past 12 months decreased from 42% in 1991 to 25% in 2013.

To read more about the YRBS survey visit:

<http://www.cdc.gov/media/releases/2014/p0612-YRBS.html>

**Data collection for e-cigarettes began in the 2012 New Jersey Youth Tobacco Survey.*



US Department of Health and Human Services
 Video: Make Sure You Have What it Takes

**NEW JERSEY
 QUITLINE**



Centers for Medicare & Medicaid Services Video:
 "My New Health Plan" - from Coverage to Care

CMS Initiative Helps People Make the Most of Their New Health Coverage

The Centers for Medicare & Medicaid Services (CMS), on June 16, launched a national initiative "From Coverage to Care" (C2C), which is designed to help answer questions that people may have about their health coverage, to help them make the most of their benefits, including taking full advantage of primary care and preventive services. It also seeks to give health care providers the tools they need to promote patient engagement.

The launch marks the release of the new Roadmap to Better Care and a Healthier You, which includes 8 steps to help consumers and health care providers be informed about the diverse benefits available through their coverage and how to use it appropriately to access primary care and preventive services. Among other things, the "Roadmap" contains information on health care coverage terms, the differences between primary care and emergency care, and the cost differences of decisions to seek care in- and out-of-network, where applicable to the consumer's health plan.

More information about C2C and other helpful resources, is available at: <http://marketplace.cms.gov/c2c>

The two way exchange of data will help physicians in their decision making, help eliminate redundancies in treatment, reduce paperwork and facilitate better patient care.

Statewide Immunization Information System Exchanging Two-Way Data with Providers

In a major technological advancement providers, including pediatricians, family doctors, and internal medicine practitioners, can now exchange a patient's immunization information from their electronic medical record (EMR), with the Department's statewide Immunization Information System (NJiIS).

On May 29th, 78 practitioners for the first time, were able to successfully receive immunization information from the NJiIS system. For the past several years, NJiIS has had the capability to receive data, however it was unable to send information back to providers. With two way messaging, providers are now able to query the NJiIS system to populate a patient's immunization record into their own EMR.

The two-way exchange of data will help physicians in their decision making, help eliminate redundancies in treatment, reduce paperwork and facilitate better patient care. The new data exchange system is part of a Centers for Disease Control and Prevention (CDC) effort to standardize the exchange of health-related information including patient records, laboratory results and immunization history between different health service delivery systems and public health.

This project was made possible by federal funding received by the Vaccine Preventable Disease Program through the CDC. For additional information on the NJiIS and bidirectional data exchange please visit:

<https://njiis.nj.gov/> and https://njiis.nj.gov/docs/NJiIS_Two_Way_Messaging_FAQs.pdf



NJ Parent Link

The Early Childhood, Parenting & Professional Resource Center

NJ Parent Link provides direct links to NJ State, federal and community resources, focusing on the particular needs of expectant parents, families with young children.

Navigate Parenthood, Navigate New Jersey

The summer of 2014 marks the four year anniversary of *NJ Parent Link*, <http://www.njparentlink.nj.gov>, the State of New Jersey's web-based Early Childhood, Parenting and Professional Resource Center. The website was recognized as a best practice model for innovative IT/digital communication between government and citizens by the National Association of State Chief Information Officers in 2011. The Department coordinates the statewide participation of more than 30 government service units and facilitates promotion of the website through *Friends of NJ Parent Link*, which is comprised of New Jersey hospitals and community stakeholders vested in supporting NJ families.

NJ Parent Link provides direct links to NJ State, federal and community resources, focusing on the particular needs of expectant parents, families with young children (newborns to children entering kindergarten) and older siblings (school aged to young adulthood). Topics include pre-conceptual/prenatal health, breastfeeding information/support, kindergarten readiness, back to work/staying at home and parenting older siblings. *County Contacts/Local Links, En Espanol* and a website translation feature for 50 different languages is available. For more information, contact Jamie Anderson, *NJ Parent Link* Administrator at 609-633-1363 or jamie.anderson@doh.state.nj.us

Behavioral Screening for Individuals and Families

In an effort to improve the health of New Jersey residents impacted by Sandy, the Department issued a Request for Application (RFA) for licensed health care facilities, including emergency rooms, to support screening services for individuals with behavioral health problems due to the Superstorm. The screenings will take place in the nine counties most affected by Sandy: Atlantic, Bergen, Cape May, Essex, Hudson, Middlesex, Monmouth, Ocean, Union.

The RFA is in addition to \$2.2 million that was recently awarded to 10 community health centers and hospitals to provide behavioral health screenings to more than 48,000 people for conditions including depression, anxiety, post-traumatic stress disorder, substance abuse and domestic violence.

Final applications are due back to the Department on July 7, 2014; nine health systems and health care collaboratives have already expressed interest. The RFA is available at:

http://www.nj.gov/health/fhs/documents/rfa_bs.pdf

More on the behavioral health screenings for those impacted by Sandy is available at:

<http://www.state.nj.us/health/news/2014/approved/20140527b.html>



Commissioner O'Dowd with Dr Joseph Miller, Meridian Health and John K. Lloyd, President/CEO, Meridian Health, at a roundtable promoting physician awareness of post-Sandy stress in children and families on May 28.

RUTGERS

Cancer Institute of New Jersey



Vadim Koshenkov, MD, is a surgical oncologist who evaluates patients in the Melanoma and Soft Tissue Oncology Program at Rutgers Cancer Institute of New Jersey and an assistant professor of surgery at Rutgers Robert Wood Johnson Medical School.

Excessive Sun Exposure: Just Say No

By Vadim Koshenkov, MD

Summer is here and that means long weekends, trips to the beach, nature walks, water sports, and the general desire to spend more time outside. While some may feel a tan makes them appear healthier and perhaps even more attractive, there is no doubt that indiscriminate sun exposure is harmful. Wrinkling, premature aging of the skin, and a variety of skin cancers all stem from sun exposure. UVA and UVB rays are well-established risk factors for the development of skin cancers, such as basal cell carcinoma, squamous cell carcinoma, and melanoma. With excessive sun exposure, everybody, but especially those who are fair-skinned and burn easily, is at risk.

Skin cancer is the most common type of cancer in the United States, and melanoma is the deadliest form of it. Approximately 10,000 deaths stem from melanoma annually in this country. A lifetime of excessive sun exposure is the biggest risk factor for the development of this cancer. Sunburns in childhood and adolescence, for example, have been shown to increase the chance of melanoma in adulthood. Over the last several decades, the incidence of melanoma has risen faster than any other cancer in the United States. Prognosis varies, with very high cure rates for early stages of melanoma, but considerably worse outcomes with more advanced disease. Prevention and early detection are of paramount importance in reducing the incidence and mortality of skin cancer.

Here are a few tips on prevention:

- limit your time outdoors when the sun is at its most harmful: between 10 a.m. and 3 p.m.
- if you are outdoors, cover up as much as you can: sunglasses, hats, long sleeves
- use sunscreen of 30 SPF or higher on exposed areas
- avoid tanning beds: evidence is mounting that they are as harmful as the UV rays that lead to skin cancers

Any concerning skin lesion or change in moles should be promptly evaluated by a physician, preferably a dermatologist, to assess the need for a biopsy. Remember the **ABCDEs** concerning the visual appearance for moles and lesions: **A** for asymmetry, **B** for border irregularity, **C** for color variation, **D** for a large diameter, **E** for evolution of the lesion or mole. Remember, early detection leads to high cure rates of all skin cancers. So even if prevention fails, don't miss your chance to be cured with an early intervention.



Mayo Clinic Video: The 4 Stages of Melanoma: The Deadliest Form of Skin Cancer