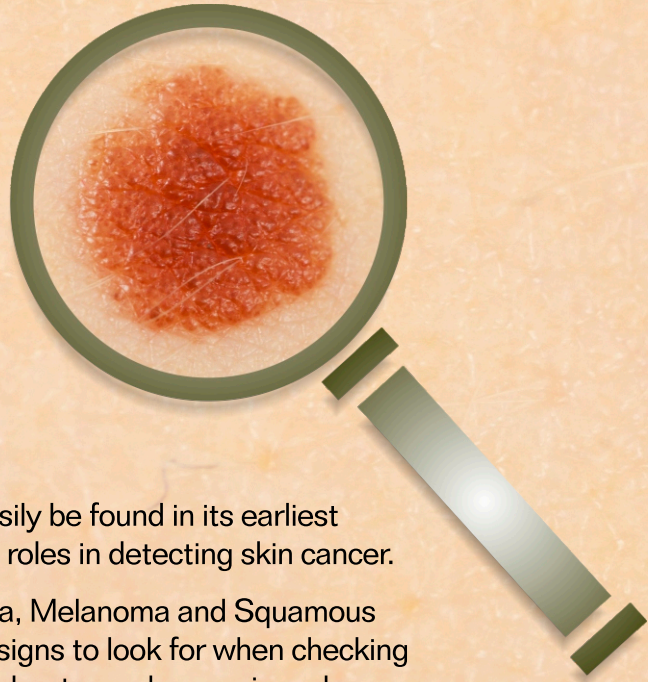
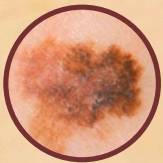


The ABCDE way to check MOLES & SKIN



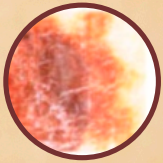
Skin cancer is one of the few cancers that can easily be found in its earliest stages. Both doctors and patients play important roles in detecting skin cancer.

Types of skin cancer include Basal Cell Carcinoma, Melanoma and Squamous Cell Carcinoma. This guide tells you a few of the signs to look for when checking your skin. It is important to consult with a doctor about any changes in moles or skin, even if they are not described here.



A is for **ASYMMETRY**

The two halves of the mole may differ in their shape and not match



B is for **BORDER**

The outside edges of the mole or area may be blurred and poorly defined, show notches or look ragged and crusty



C is for **COLOUR**

The colour may be uneven and patchy. You may see different shades of black, tan, brown or pink, or sometimes red, blue or white. Healthy moles tend to be uniform in colour.



D is for **DIAMETER**

Size is important. Most melanomas are at least 6mm in diameter, although some can be smaller. If a mole gets bigger or changes, consult a doctor. A good rule of thumb is a mole should never be larger than a pencil eraser.



E is for **EVOLVING**

Make it a routine to check your skin at least once a month. Look out for any changes, if a mole changes shape, size, colour or begins to bleed or scab consult with a doctor. Your GP can refer you to a qualified Dermatologist.

SKIN CANCER SELF-EXAMINATION

Check your skin and take note of all the spots on your body, including moles, freckles and age spots.



SOURCE: American Academy of Dermatology - aad.org