Go on a mole hunt

Follow these instructions regularly for a thorough skin exam: 1. Know your spots, 2. Examine your skin & 3. Record your spots so you can refer back during your next self-examination

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Fighting Melanoma Together

1/ Skin Cancer Warning Signs

When your doctor performs a skin check, they look at every lump, spot and mole on your body.
Areas of concern are assessed for signs of skin cancer using the **"ABCDE"** rule of melanoma detection.
This is a simple process that helps you and you loved ones to check their own skin for melanoma warning signs.

Asymmetry
Asymmetrical moles should be shown to your doctor.

Colour
Moles with two or more colours should be shown to your doctor.

Elevation
Moles that are becoming raised should be shown to your doctor.

Growing
Moles that are showing signs of change should be shown to your doctor.

Border
Moles with uneven border should be shown to your doctor.

Diameter
Moles larger than 5mm should be shown to your doctor.

Diameter
Moles larger than 5mm should be shown to your doctor.

2/How To Perform A Skin Cancer Self Check

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your skin. Ask someone for help when checking your skin, especially in hard-to-see places.

Examine your body (front and back) in the mirror & on the left and right sides with your arms raised.

Bend your elbows and look carefully at your forearms, the back of your upper arms and your palms.

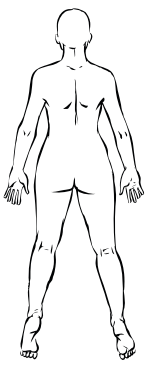
Check the back of your legs and your feet, as well as the spaces between your toes, soles of your feet and nail beds.

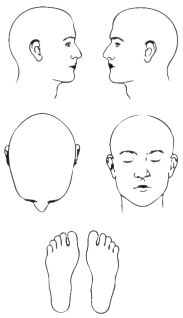
Examine the back of your neck and part your hair to check your scalp with a hand mirror.

Finally, use the hand mirror to check your back and buttocks.

3/ Record Your Spots

If you f nd any spots of concern, make a note below and show your doctor at your earliest possible convenience. Any skin abnormality that is growing or changing quickly and does not go away, whether coloured or not, should be examined by a doctor. Bleeding may be a sign of more advanced melanoma. In addition, the appearance of a new and unusual mole is more likely to be melanoma





Date	Mole	A	B	C	D	E	F	G