

Mastering the Art of Detection

Mole Checking Guide



Remember:

- Examine your moles **once a month**
- Examine **ALL** areas, especially your back, legs, ears, neck, trunk, palms and soles of your feet
- Make sure you check your skin in a **well-lit room** in front of a full-length mirror
- Use a hand-mirror and / or get a loved one to help for **hard-to-see areas**

Use the **ABCDE rule** to check your moles for potential signs of melanoma

A is for **Asymmetry**
Melanomas are asymmetrical - the two halves of the mole do not match

B is for **Borders**
Melanomas have irregular or uneven edges (scalloped, blurred or notched)

C is for **Colours**
Melanomas have multiple or changing shades of brown, tan, black, red or pink

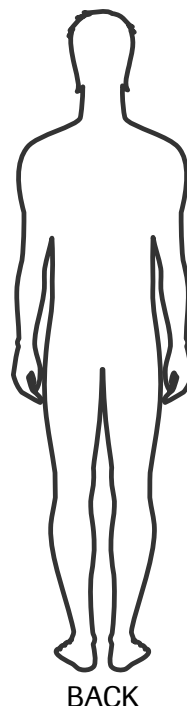
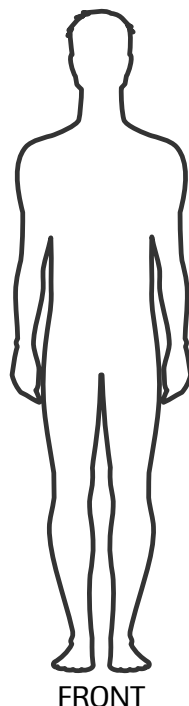
D is for **Diameter**
Melanomas are usually but not always larger than 6mm

E is for **Evolution**
When a mole changes appearance, such as size, shape or colour and / or changes in symptoms, such as bleeding, oozing or itching, this can signify melanoma

If any of your moles match any of the ABCDEs, see your healthcare professional immediately

My Mole Map

Mark your moles on the picture to create your **personalised mole map** making it easier for you to identify any new moles or mole changes each month.



Cross off the months after completing your monthly self-exam.

Jan	Feb
Mar	Apr
May	Jun
Jul	Aug
Sep	Oct
Nov	Dec

