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.