British Association of Dermatologists

THE ABCD**EASY** WAY TO CHECK MOLES

There are two main kinds of skin cancer: melanoma and non-melanoma skin and each looks different. This leaflet deals specifically with melanoma, the less common but more deadly type of skin cancer.

Melanomas can develop from existing moles, but they can also appear as new 'mole-like' marks on normal skin.

This guide tells you a few of the signs that might indicate a melanoma. You should tell your doctor about any changes to your moles or skin, even if they are not the same as those described here.

ASYMMETRY

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

BORDER

The outside edges of the mole or area may be blurred, and sometimes show notches or look 'ragged'.

COLOUR

This may be uneven and patchy. Notice new colours appearing. Different shades of black, brown, pink and even purple may be seen.

DIAMETER

Melanomas will progressively change. If you see any mole, or 'mole-like' mark getting bigger over a period of weeks to months, tell your doctor.

EXPERT

Look out for change, and if in doubt, get it checked out by your doctor. If your doctor thinks you have a melanoma or is not sure, they can refer you for free through the NHS to see a skin cancer specialist, usually a Consultant Dermatologist, who is an expert in diagnosing and treating skin cancer.

IS YOUR MOLE CHANGING? IF IN DOUBT, CHECK IT OUT!

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SUN AWARENESS
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