

Know your **ABCDE's** of Melanoma Detection



A

Asymmetry

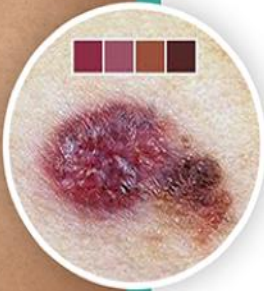
Asymmetry in pattern and colour. If you cut the mole in half it doesn't mirror the other side. Healthy moles are generally symmetrical in pattern and in colour.



B

Border

If the border looks irregular, smudged or if you can't trace around it very easily. Healthy moles are well defined.



C

Colour

More than 1 colour in a pigmented lesion. We like to say 'pink and brown make you frown' however it could be a combination of brown, pink, blue, black, white or red. Healthy moles are usually uniform in colour.



D

Diameter

Any mole that is changing in size quite rapidly or anything that is 6mm and over are to be checked by your Dr.



E

Evolving

Any mole or spot that is continuing to change in shape, size and colour or becomes itchy, tender or starts to bleed.

Remember if you have any concerns about your moles or lesions please see your Dr immediately.