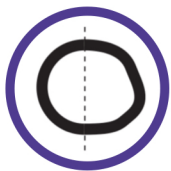


THE ABCD EASY WAY TO CHECK MOLES



There are two main kinds of skin cancer: melanoma and non-melanoma skin and each looks different. This poster 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. 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. You may 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 or months, tell your doctor.



Expert

If in doubt, get it checked out by your doctor. If they think it's melanoma or they are unsure, they can refer you to a skin cancer specialist for free, who is an expert in diagnosing and treating skin cancer.