

# 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

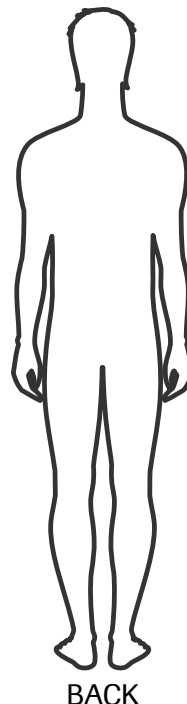
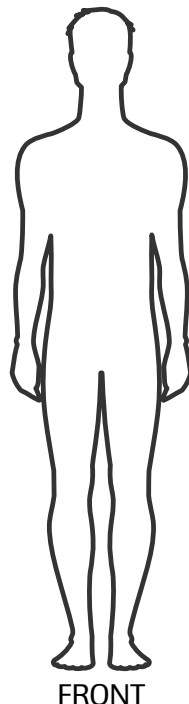
**D** is for **Diameter**  
Melanomas are usually but not always larger than 6mm

**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

