

Examination of Moles

Once a month examine your skin from head to toe.
Look for any mole, spot or bump that seems to stand out because of being;

● Dark ● Different ● Changing

When examining a mole of any size, look for the **ABCDE**'s of melanoma.
Most melanomas have at least one of these features.

Asymmetry

Does one half look different from the other half in colour/shape?

Border

Does a mole have an irregular, jagged or blurred border?

Colour

Does a mole have different colours or different shades of one colour?

Dark

Does a mole appear dark, or does any dark area within a mole appear dark?

Evolving

Has a mole, spot, or bump evolved, or changed, in a way unlike others on your body?



A general rule is that any mole that looks different from all of your other moles should be evaluated.

'ugly duckling sign'

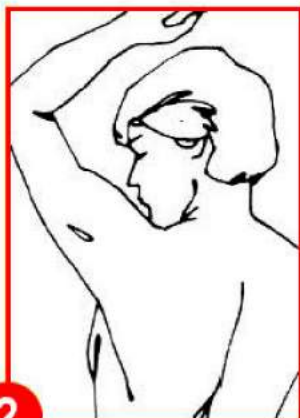
Sometimes the most dangerous melanomas can be recognised because they grow quickly and look different from any other bump that you have.

These are called 'nodular melanomas' and can be any colour, including black, blue, red, pink or flesh coloured.



1

Examine body front and back in mirror, then right and left sides, arms raised.



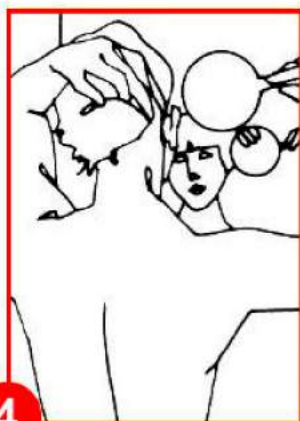
2

Bend elbows, look carefully at forearms, back of upper arms, and palms.



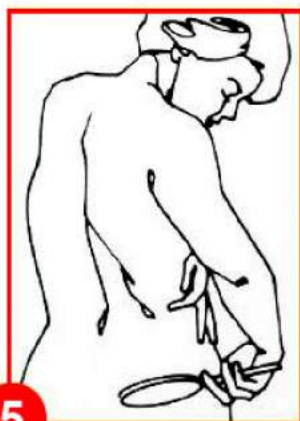
3

Look at backs of legs and feet, spaces between toes, and soles.



4

Examine back of neck and scalp with a hand mirror. Part hair and lift.



5

Finally, check back and buttocks with a hand mirror.