

HOW TO CHECK YOUR SKIN FOR SKIN CANCER

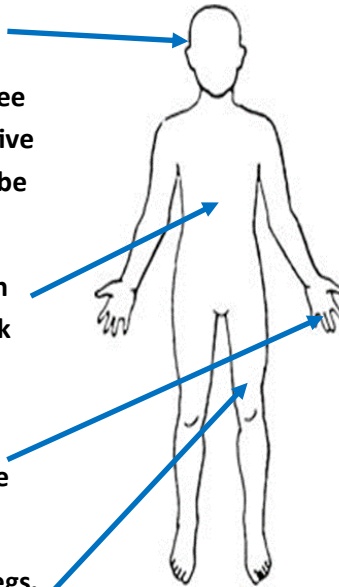


By checking your skin regularly, you'll learn what is normal for you.

The best time to check your skin is after a shower or bath. Use a full-length mirror and a hand-held mirror in a room with plenty of light.

Check yourself from head to toe:

1. Look at your face, neck, ears, and scalp. You may want to use a comb or a blow dryer to move your hair so that you can see better. You also may want to have a relative or friend check through your hair. It may be hard to check your scalp by yourself.
2. Look at the front and back of your body in the mirror. Then, raise your arms and look at your left and right sides.
3. Bend your elbows. Look carefully at your fingernails, palms, forearms (including the undersides), and upper arms.
4. Check the back, front, and sides of your legs. Also check the skin all over your buttocks and genital area.



Learn where your moles are and their usual look and feel.

Check for anything new, such as...

- a new mole (that looks different from your other moles)
- a new red or darker color flaky patch that may be a little raised
- a change in the size, shape, color, or feel of a mole
- a sore that doesn't heal
- a new flesh-colored firm bump



Don't be shy; melanoma isn't, and finding it early could save your life!

ABCDE Rule To Detect Melanoma

The ABCDE rule is a common recognised screening tool used to assess characteristics of normal moles vs abnormal moles (melanoma)

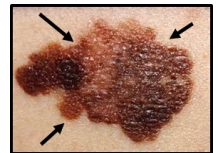
ASYMMETRY

An Irregular shape - The 2 halves should be symmetrical



BORDERS

Look for unclear, irregular or ragged borders



COLOUR

Changes in colour, especially black, blue or uneven colour



DIAMETER

More than 5 - 6mm in diameter and change in size



EVOLVING

Changes in shape, size, colour, itching, bleeding of existing mole or if a new mole/ lesion appears

