Melanoma...

Early Detection of Skin Cancer can be as simple as A...B...C...D...E...

Look out for new moles or changes in existing moles
Visit your Doctor as soon as possible if you notice any changes, in particular:

**Asymmetry**
Any change in the symmetry of a mole; one half unlike the other.

**Border irregular**
Any change in the edges of a mole; rough or unclear border.

**Colour variety**
Any change in the colour of a mole or colour differences from one area to another; shades of tan, brown or black, sometimes white, red or blue.

**Diameter larger**
Any change in size of a mole; most melanomas are larger than 6mm (the size of the top of a pencil) and are getting bigger.

**Evolution of lesion**
Any recent change in one of the above
Self Examination for Melanoma
Check Yourself Regularly

Remember, early detection and treatment offers an excellent chance of a cure

1. Examine your body front and back in the mirror, then right and left sides with arms raised.

2. Bend elbows and look carefully at forearms and upper underarms and palms.

3. Look at the backs of the legs and feet – spaces between toes and soles.

4. Examine back of neck and scalp with a hand mirror. Part hair for a closer look.

5. Finally, check back and buttocks with hand mirror.

For further information or leaflets on skin cancer and how to protect your skin in the sun contact:

National Cancer Helpline
Freefone: 1800 200 700
(Mon-Thurs 9am-6pm, Fri 9am-5pm)

www.cancer.ie

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