

KNOW THE SKIN YOU'RE IN

The first sign of a melanoma is often a new or changing spot or mole

Follow our ABCDE guide of changes to look for



A

ASYMMETRY



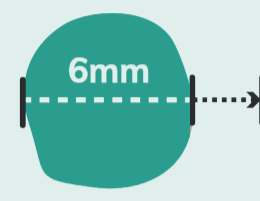
B

BORDER
IRREGULARITY



C

COLOUR
VARIEGATION



D

DIAMETER



E

EVOLVING

Notice any changes? Seek medical advice. Early detection can be life-saving.

HOW TO CHECK YOUR SKIN



STEP 1.

Stand in front of a full length mirror.



STEP 2.

Start at the top and work your way down your body.



STEP 3.

Begin by using a brush or hairdryer to part your hair into sections so that you can check your scalp.



STEP 4.

Move to your face and neck, not forgetting your ears, nostrils and lips.



STEP 5.

Be sure to check both the top and underneath of your arms. Don't forget your fingernails.



STEP 6.

As you move down your body don't forget to check places where the sun doesn't shine!
Melanoma can be found in places that do not have exposed skin.



STEP 7.

Ask a partner or family member to check your scalp and back.



STEP 8.

The best way to monitor changes on your skin is by taking photographs every few months and comparing them to identify any changes.
React quickly and seek medical advice if you see something growing and/or changing.

