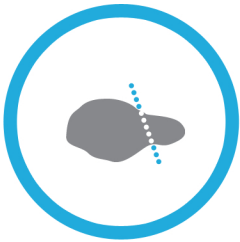


# THE ABCDEs OF MELANOMA DETECTION

## WHAT TO DO

FAMILIARIZE YOURSELF WITH THIS LIST BEFORE YOUR MOLE CHECK.  
CONSULT YOUR DOCTOR IMMEDIATELY IF ANY MOLES OR PIGMENTED SPOTS EXHIBIT ANY OF THE FOLLOWING.



**A**

Asymmetry - one half is unlike the other half



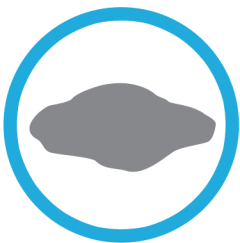
**B**

Border - an irregular, scalloped or poorly defined border



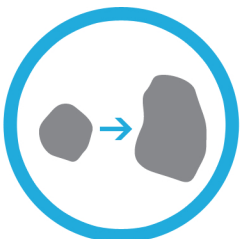
**C**

Colour - is varied from one area to another; has shades of tan, brown or black; or is sometimes white, red or blue



**D**

Diameter - melanomas are usually greater than 6mm when diagnosed, but they can be smaller



**E**

Evolution - a mole or lesion that looks different from the rest or is changing in size, shape or colour

# HOW TO CHECK YOUR SKIN **IN 5 EASY STEPS**

## YOU'LL NEED



ABCDEs DOC



FLASHLIGHT



COMB/DRYER



HAND MIRROR



FULL LENGTH MIRROR



CHAIR/STOOL X 2

**+ 10 MINUTES**

# 1

Facing the wall mirror, examine your face including lips, ears and eyes.  
Use a flashlight to check inside your mouth, nostrils, and ears.  
Check your neck, shoulders, and upper chest.  
Women should also check under breasts.

# 2

Using both mirrors, check behind your ears, neck and upper back.  
While parting your hair with the blow dryer or comb, use both mirrors to check your scalp - front, back and sides.  
Or have a partner or family member help.

# 3

Check your abdomen, front and sides.  
Use the hand mirror to check your mid- to lower back carefully.  
(The back is the most common site of melanoma in males)  
Use the hand mirror or both mirrors to check all areas of your buttocks and genitals, including hidden parts.

# 4

Raise both of your arms and check all sides of your arms and hands, including between fingers and under fingernails.  
Then check under your arms and the sides of your upper body.

# 5

Sitting on a chair or stool, prop each leg in turn on the other chair or stool.  
Check all sides of your legs from ankles to thighs.  
Check your feet, incl. tops, heels, soles, between toes and under toenails.  
(Legs are the most common sites of melanomas in females)

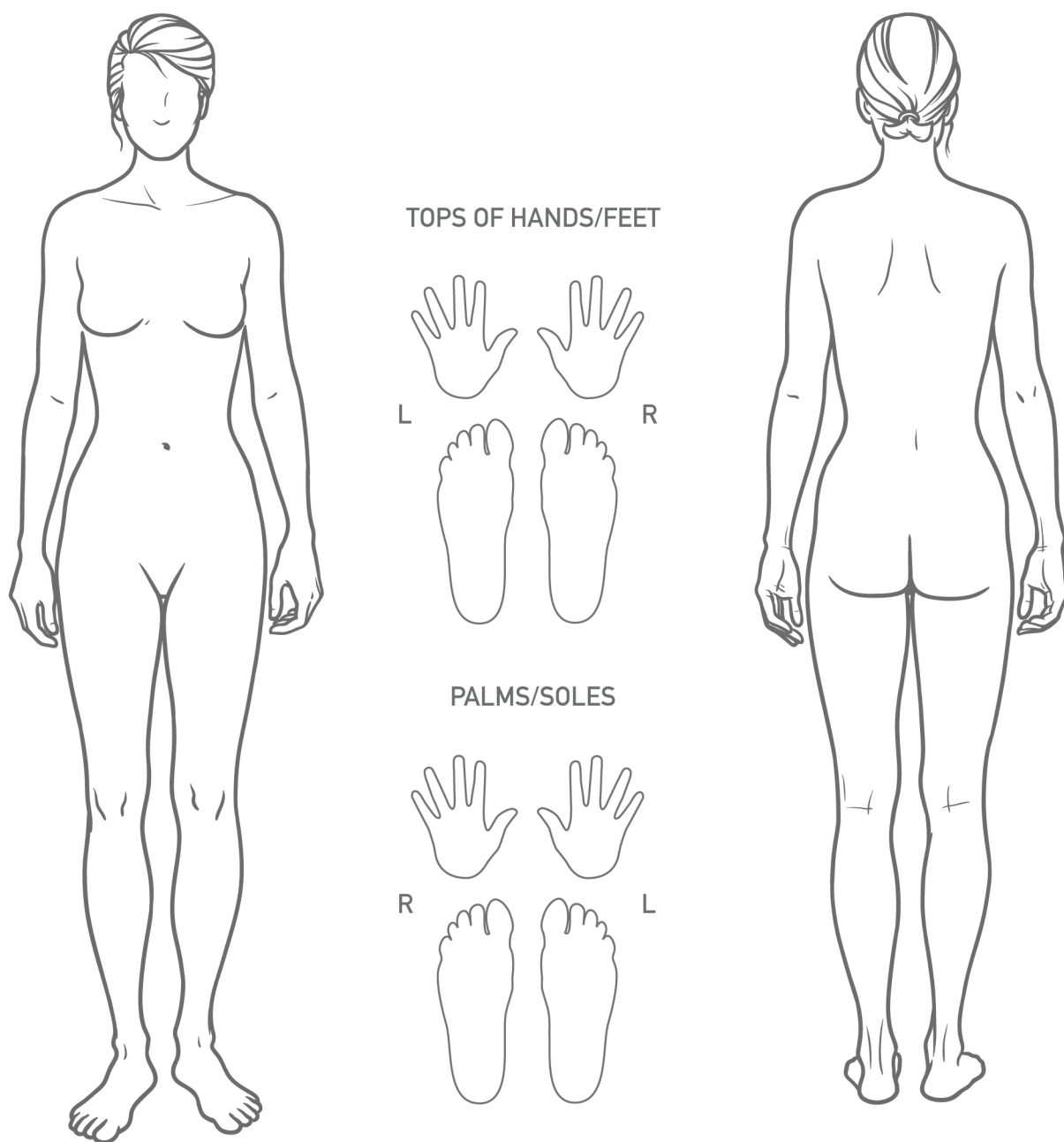
**REPEAT ONCE A MONTH AND RECORD RESULTS ON BODY CHART, NOTING ANY CHANGES**

THIS DOCUMENT WAS PRODUCED BY THE DAVID CORNFELD MELANOMA FUND (DCMFCA) WITH SPECIAL THANKS TO THE MELANOMA EDUCATION FOUNDATION (SKINCHECK.ORG)

# HOW TO TRACK YOUR MOLES ALL IN ONE PLACE

## WHAT TO DO

USING A PENCIL, CAREFULLY MARK ALL MOLES OR OTHER SKIN LESIONS YOU CAN IDENTIFY ON YOUR BODY. USE THE ABCDE GUIDE, AND REMEMBER SOME MOLES ARE BLACK, BROWN, RED OR EVEN BLUE. IF IT'S EASIER, JUST NUMBER YOUR MOLES AND TAKE A DIGITAL PHOTO OF EACH TO USE FOR REFERENCE.



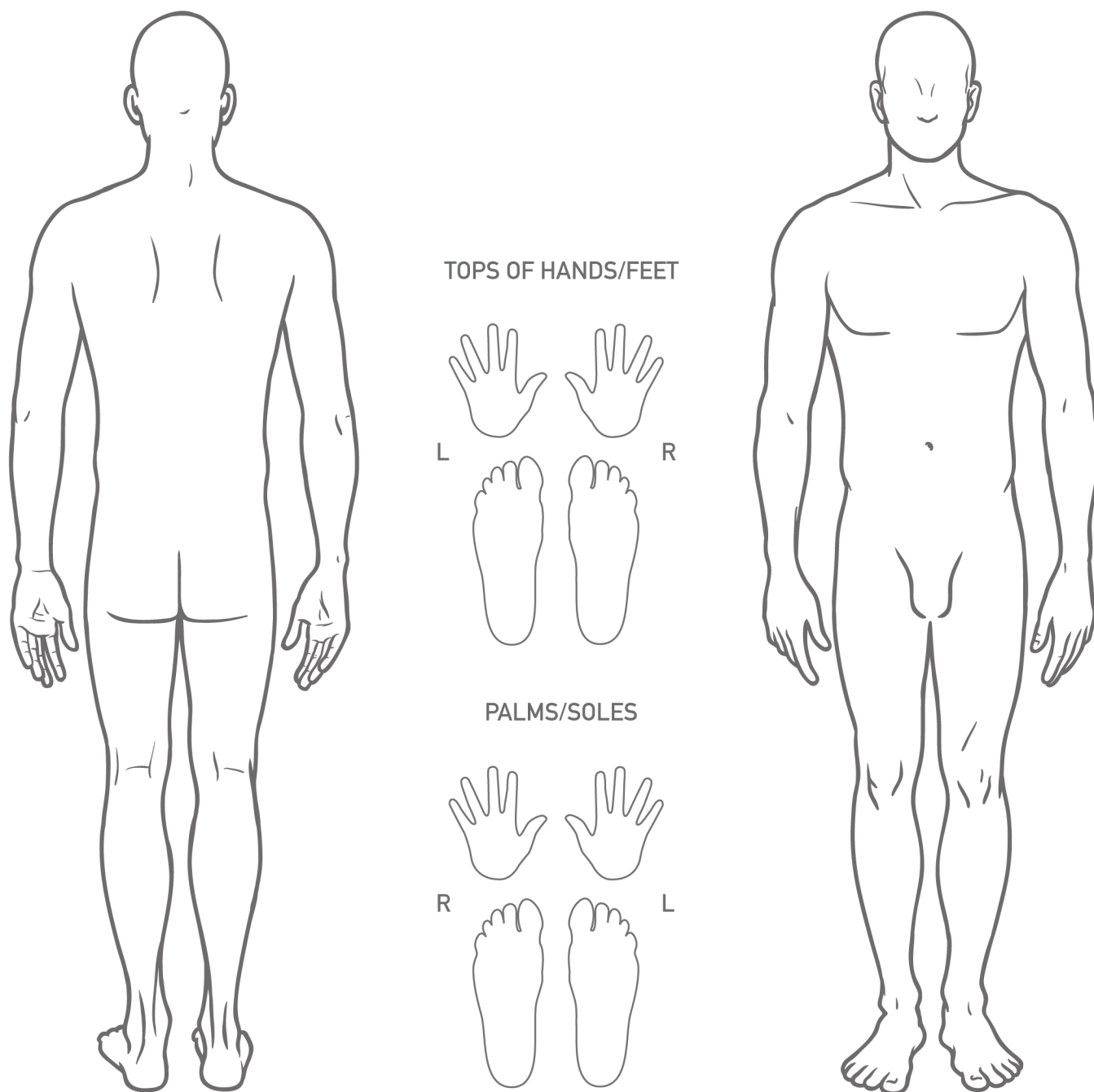
**IF YOU NOTICE ANY CHANGES THAT CONCERN YOU, CONSULT YOUR DOCTOR RIGHT AWAY**

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