



AWARENESS

## WITH MOLES, CHANGE IS DANGEROUS

**Skin moles should not change. Full stop. If they do, it might be skin cancer.**

**Tracking your moles is as easy as ABCDEFG...**

**Asymmetry** - Your moles should be perfectly symmetrical. Draw an imaginary line through the middle of your mole to determine the symmetry.

**Borders** - The edges around your mole should be straight. Any jagged edges suggest your mole should be checked by a health care professional.

**Colour** - Your mole should be completely uniform in colour.

**Diameter** - A mole should be no bigger than the diameter of an eraser on top of a pencil. This is approximately 6mm across.

**Evolution** - Your mole should look the same as it did a year ago.

**Firmness** - A healthy mole should be soft and squishy. Any hard parts across the surface of the mole warrants a check.

**Growth** - Your mole should be the same size as a year ago, and remember the 6mm diameter rule.



If your moles don't tick the boxes above, get them looked at.

**"KEEP AN EYE ON YOUR MOLES; IT COULD PROTECT YOU FROM SKIN CANCER"**

Don't forget to check these spots where moles like to hide:

- Scalp
- Behind ears
- Underarms
- Buttocks
- Between toes
- Eyelids
- Mouth
- Groin
- Under nails

If you have moles, it's important to have them checked by a dermatologist at regular intervals throughout your life.