



# THE **ABCDE**-asy way to **CHECK** your **moles**

There are three types of skin cancer, and all look different. This leaflet tells you a few of the changes that might indicate a 'melanoma', which is the deadliest form of skin cancer. As skin cancers vary, you should tell your doctor about any changes to your skin, even if they are not similar to those mentioned here.

## **A**SYMMETRY

the two halves of the area may differ in their shape.

## **B**ORDER

the edges of the area may be irregular or blurred, and sometimes show notches.

## **C**OLOUR

this may be uneven. Different shades of black, brown and pink may be seen.

## **D**IAMETER

Most melanomas are at least 6mm in diameter. Report any change in size or diameter to your doctor.

## **E**XPERT

if in doubt, check it out! If your GP is concerned about your skin, make sure you see a Consultant Dermatologist, the most expert person to diagnose a skin cancer. Your GP can refer you via the NHS. (For more information visit [www.bad.org.uk](http://www.bad.org.uk), or call 0207 3916355.)

For more information



**British  
Skin Foundation**  
www.  
britishskinfoundation  
.org.uk  
t: 0207 391 6341



**British Association  
of Dermatologists**  
www.bad.org.uk  
t: 0207 383 0266



The British Skin Foundation is the UK charity dedicated to raising money for research into all skin diseases, their treatments, prevention and cures.

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