

The "ABCDE" guide to checking your moles

A – ASYMMETRY

The two halves of the mole may differ in shape

B - BORDER

The edges of the area may be irregular, blurred or with notches

C - COLOUR

May be uneven with different shades of pink, brown or black

D – DIAMETER

Most melanomas are more than 6mm in diameter

E - EVOLVING

Over time their shape, size and/or colour may change

SYMPTOMS

Itching or bleeding

**IF IN DOUBT,
CHECK IT OUT!**

Normal Moles



Melanomas



Click the links below for more information on:

[Melanomas](#)

[Non-melanoma skin cancers](#)