



THE 5 TO WATCH  
**ABCDE OF  
MELANOMA**

@MelanomaUK\_Official



# KNOW YOUR SKIN: SPOT CHANGES, SAVE LIVES!

**Regularly checking your skin for melanoma is crucial for several reasons:**

- **Early Detection:** Melanoma is most treatable when detected early. Regular checks can help identify changes in moles or new growths that might indicate melanoma.
- **Understanding Your Skin:** Familiarising yourself with your skin helps you recognise what's normal for you. This makes it easier to spot any unusual changes.
- **Risk Factors:** If you have risk factors like fair skin, a family history of skin cancer, use of sunbeds or previous sunburns, regular checks are even more important.
- **Preventive Measures:** Early detection can lead to early intervention, reducing the risk of melanoma spreading to other parts of the body. Melanoma is highly treatable when caught early, with a 99%
- **Empowerment:** Being proactive about skin health fosters a sense of control and encourages healthy habits, such as using sun cream and avoiding excessive sun exposure.

**To effectively check your skin, look for changes in existing moles, follow the ABCDE rules and be alert for new growths. To effectively check your skin, you can use one of Melanoma UK's Skin Check Toolkits. If you notice anything unusual, contact your GP or consult a dermatologist.**

# ABCDE : WHAT TO LOOK FOR ...

The **ABCDE Rule** of skin cancer is an easy-to-remember system for determining whether a mole or growth may be cancerous

**A**

**Asymmetry:** This refers to the shape of the mole or abnormal patch of skin. Melanomas are likely to have an uneven shape, one half of the mole or spot is different from the other half. Normal moles usually have a more even shape, and the two halves are similar.

**B**

**Border:** This refers to the edges of the mole or abnormal patch of skin. Melanomas are more likely to have irregular edges (border) that are blurry or jagged. Normal moles usually have a smooth, regular border. Look for irregular, scalloped, or poorly defined edges.

**C**

**Colour:** Melanomas are often an uneven colour and contain more than one shade. A melanoma might have different shades of black, brown and pink. Normal moles usually have an even colour. If they have 2 colours in them, the colours are normally symmetrical across the 2 halves. Watch for variations in colour, including shades of brown, black, tan, red, white, or blue

**D**

**Diameter:** This refers to how wide the mole or abnormal patch of skin is. Melanomas are often larger than 6 millimetres but they can be smaller when first detected. Any changes in size should be noted.

**E**

**Evolving:** Monitor any changes in a mole over time, including size, shape, colour, or elevation. Any new symptoms such as bleeding, itching, or crusting should also be taken seriously.



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