



Skin Alphabet

The "ABCDE rule" is an easy guide to remembering the usual signs of melanoma. Check your skin **monthly** and inform your doctor promptly of any changes.



A = Asymmetrical Shape

Look for mole, brown spot, or growth where one half does not match the other.



B = Border Irregularity

Look for edges that are irregular, ragged, notched, or blurred.



C = Colour

Look for growths that have many colours or an uneven distribution of colour



D = Diameter

Melanomas are usually larger than 6 millimetres across (about ¼ inch—the size of a pencil eraser) but may be smaller than this when first detected.



E = Evolving

Changes in the size, shape or colour are all warning signs. However, itching, crusting, bleeding, tenderness, or pain is also signs of melanoma

**Choose a Date,
Check you Skin Monthly!**