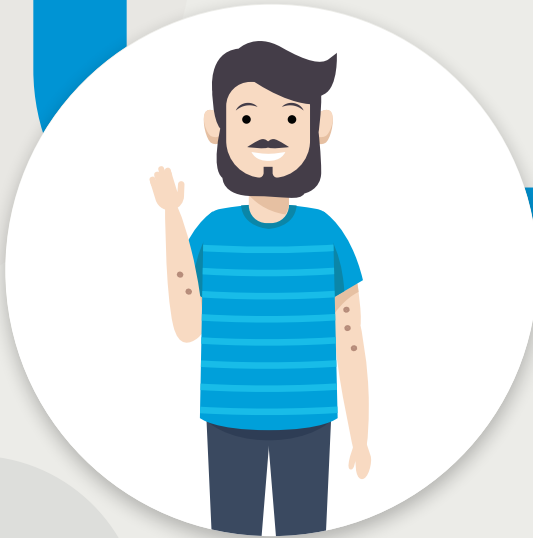


# ABCDE RULE: KEEP AN EYE ON YOUR MOLES.



THIS IS MARCO.



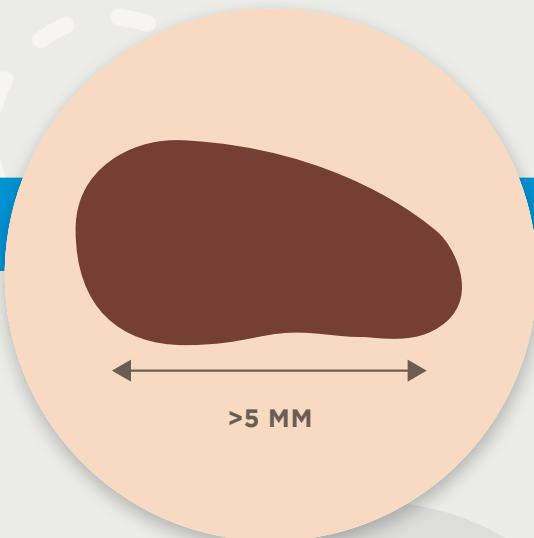
HE'S HAD THIS MOLE ON HIS LEFT FOREARM FOR ABOUT 3 YEARS.



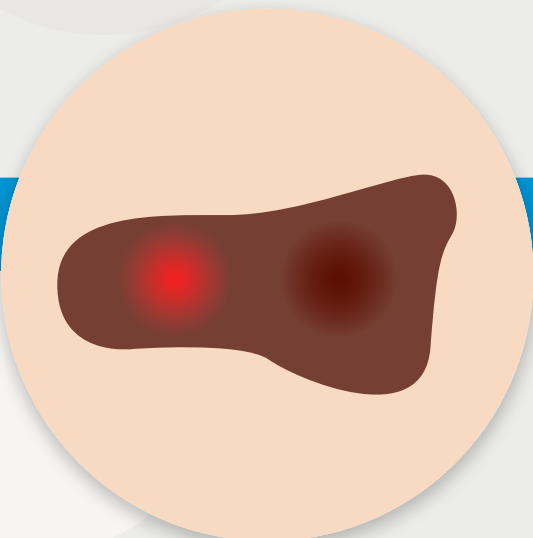
ONCE A MONTH HE CHECKS HIS MOLES IN ORDER TO DETECT ANY CHANGES IN HIS SKIN AND POSSIBLE EARLY SIGNS OF SKIN CANCER.



MARCO CHECKS HIS MOLES USING THE ABCDE RULE.



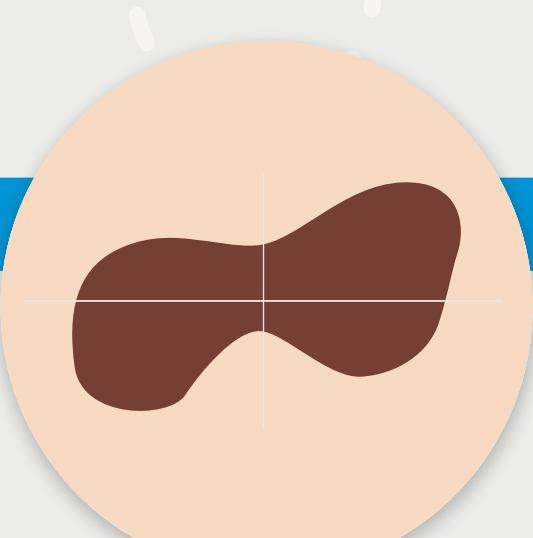
**D: DIAMETER**  
IS THE DIAMETER OF THE MOLE GREATER THAN 5 MILLIMETRES?



**C: COLOUR**  
DOES THE MOLE VARY IN COLOUR?



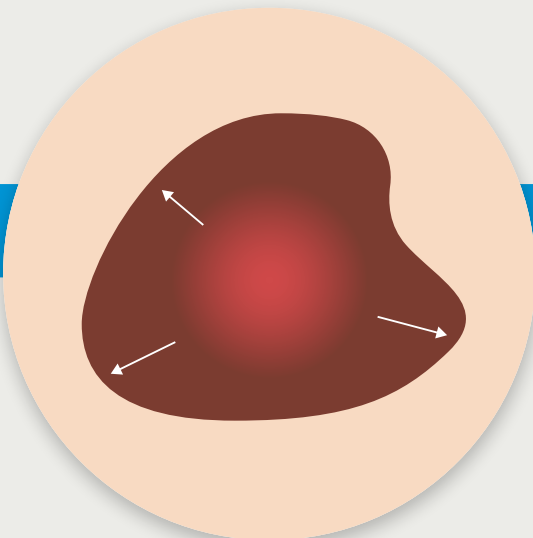
**B: BORDER**  
ARE THE EDGES OF THE MOLE IRREGULAR OR BLURRED?



**A: ASYMMETRY**  
DOES THE MOLE HAVE AN IRREGULAR SHAPE?



CHECK THE DIAMETER: PLACE THE BLUNT END OF A PENCIL OVER THE MOLE. CAN YOU STILL SEE IT?



**E: EVOLVING**  
HAS THE MOLE CHANGED IN SIZE, COLOUR OR SHAPE SINCE YOU LAST CHECKED?



MARCO HAS THE IMPRESSION THAT THERE HAS BEEN A CHANGE IN HIS MOLE SINCE HIS LAST SELF-EXAMINATION.

THEREFORE, HE MAKES AN APPOINTMENT WITH HIS FAMILY DOCTOR TO HAVE HIS MOLE CHECKED OUT BY A HEALTH PROFESSIONAL.

