



Self-Check Guide

By MoleMap

1800 665 362 | molemap.net.au

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By Dermatologists

Your skin is always changing, use the instructions below to check your own skin every three months.



Check your and/or your loved ones skin every three months, following the instructions in this guide. Use a calendar to plan these out or set up reminders in your smartphone.

1



Examine your body front and back in the mirror, then right and left sides with arms raised. Women should look under their breasts. Ask someone to help in hard to see places.

2



Bend elbows and look carefully at forearms, the back of your upper arms, fingernails, and palms.

3



Check the backs of your legs and feet, the spaces between your toes, toenails, and soles. If you cannot see all parts of your feet, use a handheld mirror.

4



Look at your face, neck, ears, and scalp. Examine the backs of your neck, ears, and scalp with a hand mirror. Part your hair to examine the entire scalp.

5



Use the hand mirror to check your back and buttocks. Ask a friend or a family member to examine the areas that are difficult to see yourself.

6



Finally, get your skin checked professionally every year, particularly if you are at risk. Find out your risk level here.

What you should look for in a melanoma self-check.

The ABCDE+EFGs of melanoma¹ - You can identify the warning signs of melanoma by looking for the following:



A is for Asymmetry

Look for moles that are irregular in shape, uneven or lopsided - normal moles are usually symmetrical.



B is for Borders

If the edges of a mole are becoming ragged, notched, scalloped or blurred, it's a good idea to get it checked.



C is for Colour

Look for a mole that's changing or uneven in colour and/or has multiple colours within it, including brown, tan, black, pink, red, white or blue.



D is for Diameter

A mole bigger than 6mm (the size of a pea or the eraser on a pencil) can be a warning sign of melanoma - although it can be smaller too.



E is for Evolving + Elevated

Look for any changes in size, shape, colour or elevation of a spot or mole, or any new symptom within it, such as bleeding, itching or crusting.



F is for Firm

A key sign of nodular melanoma (which is fast-growing and dangerous) is that the moles are raised, often very symmetrical and firm to touch.



G is for Growing

Nodular melanoma can grow or change rapidly. These changes aren't always visible - the mole may be itchy or it might just 'feel funny'.



The Ugly Duckling rule

Any mole that appears different from other moles around it (the 'ugly duckling') can be a sign of melanoma and should be checked by experts.

References: 1. <https://www.sunsmart.com.au/>

If you notice any variations such as a change in size, shape or colour, it could suggest a melanoma may be developing.

Our MoleMap Melanographers are highly trained in detecting the signs of early melanoma, so if you're concerned, give us a call on 1800 665 362.

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