

Learn the **ABCDE's**
& Spot **Melanoma**



ASYMMETRY

One half of the mole does not match the other



BORDER

Mole edges are ragged, notched, uneven or blurred



COLOUR

Variety of colours may be present. Shades of black, brown, tan, sometimes with blue, grey, red, pink or white



DIAMETER

Mole has grown in size and is larger than 1/4 inch



EVOLUTION

Mole has changed in the past few weeks or months. It may be itchy, scaling or bleeding

**Survival rate for melanoma
is high if detected early**

MOLE TRACKER

Use the ruler below to measure and record your moles. If you notice any changes, contact your doctor.

Month 1 Size: _____

Month 2 Size: _____

Month 3 Size: _____

Month 4 Size: _____

Month 5 Size: _____

Month 6 Size: _____

Month 7 Size: _____

.25"
diameter



.75

.5

.25

Check your skin monthly
melanomacanada.ca