

MELANOMA MARCH

Checking your skin regularly for melanoma is essential for early detection,
It can be lifesaving!

TO CHECK YOURSELF FOR SIGNS OR SYMPTOMS FOLLOW YOUR ABCDE

ASYMMETRY: One-half of a mole or birthmark does not match the other

BORDER IRREGULARITY: The edges are irregular, ragged, notched or blurred

COLOUR: The colour is not the same all over, but may have differing shades of brown or black, sometimes with patches of red, white or blue

DIAMETER: The area is larger than 6millimeters or is growing larger

EVOLVING: Changes in size, shape, colour, elevation or another trait such as itching, bleeding or crusting

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