

spot check

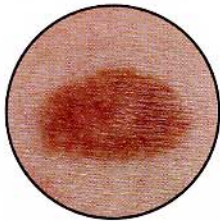
Canadian
Dermatology
Association



Normal mole: round or oval, even colour.
Many moles - increased risk of melanoma skin cancer.



Atypical mole: mix of browns, smudged border, often bigger than 5mm.
Increased risk of melanoma skin cancer.



Melanoma skin cancer: potentially-deadly.

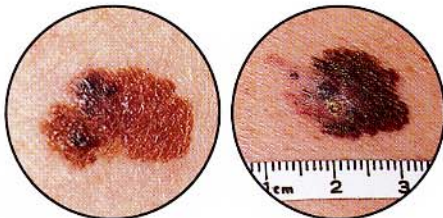
Look for changes in:

Colour: new colour, black, brown, red, blue or white.



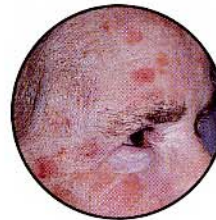
Shape: irregular, border scalloped but well-defined.

Size: enlarges.



See your dermatologist immediately if you find any of the above changes in your moles or pigmented spots.

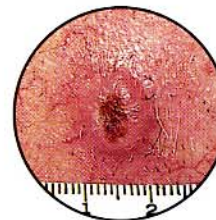
Actinic Keratoses: **not** skin cancer. Indicates excess sun exposure over many years. Red, rough, scaly spots, may itch or sting.
Increased risk of skin cancer.



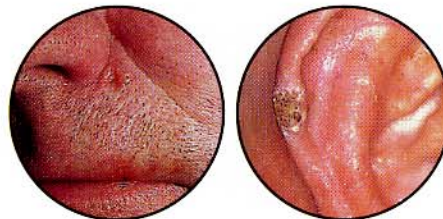
Basal cell skin cancer: Can cause disfigurement. Flesh-coloured, red or black, round bump with a pearly border, develops into ulcerating sore.



Squamous cell skin cancer: Can be life-threatening. Thickened, red, scaly bump or wart-like growth, develops into a raised, crusted sore.



Common skin cancers usually appear on sun exposed areas.



See your dermatologist if you note any of the above.