

KNOW THE SKIN YOU ARE IN

Undertaking regular self-skin checks is one of the most effective ways of detecting melanoma early

What to look for - **ABCDEFGG** Guide to melanoma



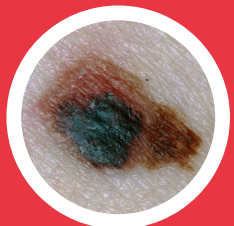
Asymmetry

One half is different from the other half



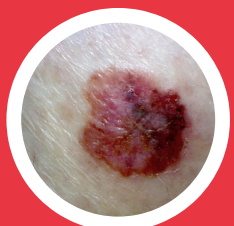
Border Irregularity

The edges are notched, uneven or blurred



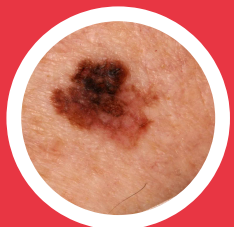
Colour is uneven

Shades of brown, tan and black are present



Different

From other lesions ('ugly duckling')



Evolving

Any change in growth; new or elevated



Firm

To the touch



Growing

Most are larger than 6mm and keep growing

**Have concerns? Seek advice from your doctor
or skin specialist.**

For more information visit
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