

# 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

ABCDE guide to MELANOMA



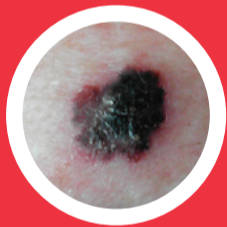
### **A**symmetry

One half is different from the other half



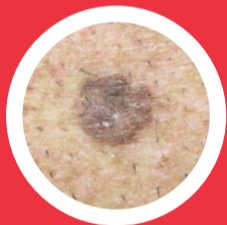
### **B**order Irregularity

The edges are notched, uneven or blurred



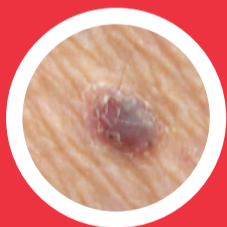
### **C**olour is uneven

Shades of brown, tan and black are present



### **D**ifferent

From other lesions ('ugly duckling')



### **E**volving

Any change in growth; new or elevated

Photos courtesy of Dr Anthony Tam

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

For more information visit  
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