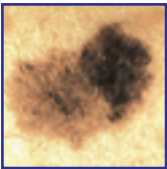


Melanoma...

Early Detection of Skin Cancer can be as simple as **A..B..C..D**

**LOOK FOR THE DANGER SIGNS IN YOUR
MOLES, FRECKLES OR COLOURED SPOTS.**

Visit your Doctor as soon as possible
if you notice any changes, in particular:



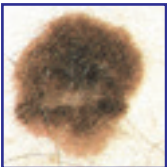
Asymmetry

Any **change** in the
symmetry of a mole;
one half unlike the other.



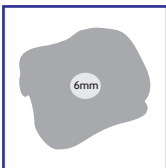
Border irregular

Any **change** in the
edges of a mole;
rough or unclear border.



Colour variety

Any **change** in the colour of
a mole or colour differences
from one area to another;
shades of tan, brown or black,
sometimes white, red or blue.



Diameter larger

Any **change** in size of a mole;
most melanomas are
larger than 6mm (the size
of the top of a pencil) and
are getting bigger.

Self Examination for Melanoma

Do self-examinations regularly

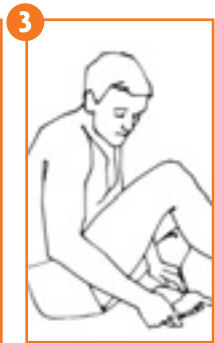
***Remember! Early Detection
and Early Treatment offer
an excellent chance of a cure***



*Examine your
body front and back
in the mirror, then
right and left sides
with arms raised.*



*Bend elbows and look
carefully at forearms
and upper underarms
and palms.*



*Look at the backs
of the legs and feet -
spaces between
toes and soles.*



*Examine back of
neck and scalp with
a hand mirror. Part
hair for a closer look.*



*Finally, check
back and buttocks
with hand mirror.*

*For further
information or
leaflets on skin
cancer and how to
protect your skin in
the sun contact:*

**Irish Cancer
Society Helpline**

**Freefone:
1800 200 700**

(Mon-Fri 9am-5pm)

www.cancer.ie

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