

Know your Skin and Nails

Melanoma is now the 5th most common form of cancer in the UK
Knowing your own skin can help aid early detection of melanoma

Melanoma Focus recommends:

- Once a month check your skin and nails
- Use a mirror, ruler, camera, notepad and if necessary a 'skin buddy' to check those hard-to-see areas
- Use our template to record the location, appearance and dimensions of each mole or skin lesion (patch, spot, lump or any other abnormal area of skin)
- The hand and foot template can also be used to monitor any changes in nail streaks
- Take photos of your moles and any new lesions and note the dates

and remember...

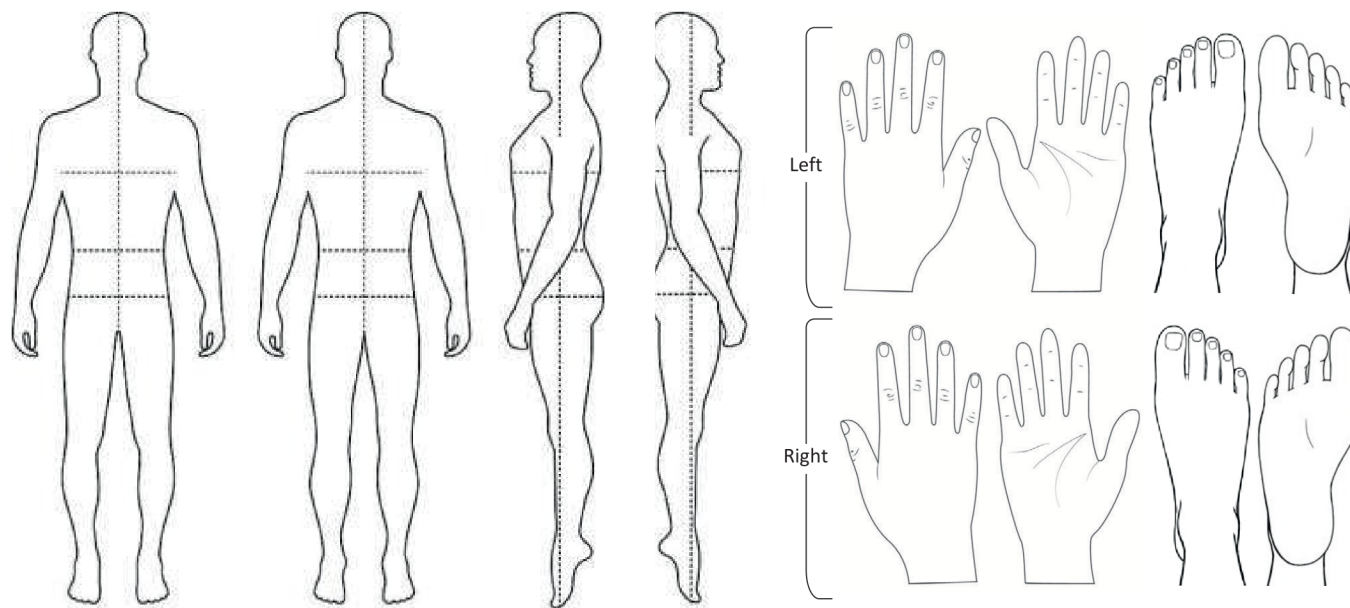
...to check under your arms, breasts, between your fingers and toes, soles of your feet, palms of your hands, behind your ears and your scalp



70% of melanomas arise from new marks or lesions streaks

Record Your Spots

Make notes of your spots below so you can regularly track changes.



012345678910 cm



Date	Mole #	Asymmetry	Border	Colour	Diameter	Evolving
E.g. July '23	1	symmetrical	regular	pink	5mm	no change

Please refer to 'ABCDE' descriptions overleaf.

Signs to watch out for:

If you see any of your moles or lesions exhibiting the following, see your GP:

Asymmetry: two halves differ in shape

Border: edges irregular or jagged

Colour: uneven/patchy; shades of black, white, grey, brown or pink; two or more colours = suspicious

Diameter: for most melanomas, at least 6mm

Evolving: changing in size, shape or colour

Funny: if it looks odd, or you aren't happy about it for any reason

86% of melanoma cases are preventable



Superficial spreading melanomas are the most common form of melanoma in the UK. But melanomas can look quite different and may appear anywhere, including the scalp, hands/feet and genital area.



Nodular melanomas are often black and/or red and usually appear on previously normal skin. They can quickly spread downwards through the layers of the skin and are most often found on the upper body.



Acral lentiginous melanomas are rare and form on the palms, soles of feet, under the fingernails and toenails as well as around the nails. It is the most common type of melanoma in people with black or brown skin, but can occur in any skin colour.



On the palms or soles of the feet, acral lentiginous melanoma may be noticed by changes to a spot or mole. It could be an irregularly-shaped growth, that changes or is a different colour or present as a raised patch of thicker skin.

For information on rare melanomas such as uveal melanoma or mucosal melanoma, please see our website and additional literature.

If in doubt, check it out!

- Is it new/changed?
- Is it not going away?
- Does it look odd?

If you are worried or have a question about melanoma please ring the

Melanoma Helpline on 0808 801 0777

Calls are free and confidential

Melanoma Focus is a national charity, commissioning and funding research into the treatment and causes of melanoma, while providing support and information for patients, carers and professionals. To find out more about our work, please visit melanomafocus.org

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