Know the signs
Find Melanoma Skin Cancer Early

HSE nccp
National Cancer Control Programme

Over 1,000 people are diagnosed with melanoma skin cancer each year in Ireland.

The earlier melanoma is found the easier it is to treat.

Call your GP TODAY if you notice any of the following

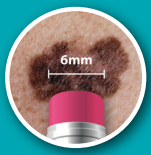
- A change in the size, shape or colour of a mole that you already have
- A mole that is often itchy or bleeding
- A new mole that looks different to the other moles that you have
- A change to a normal patch of your skin, like a new dark spot on your skin
- A dark coloured line or patch under your nail, or any abnormal skin under your nail

The 'ABCDE' checklist helps you to know when a mole or patch of skin might be a melanoma. Know what your skin normally looks like, and check your skin and moles regularly for these changes.

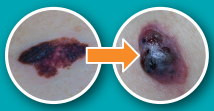
A = Asymmetry
One half of the mole is not the same as the other.

B = Border
The edges ('border') of the mole are irregular, blurry or jagged.

C = Colour
The mole is uneven in colour. It might have different shades of black, brown and pink in it.



D = Diameter
This refers to the size of the mole. Most melanomas are more than 6mm wide. This is the width of a pencil.



E = Evolution
'Evolution' means that the mole is changing. The mole may change in size, shape or colour. It may also start to itch or bleed. Normal moles usually stay the same size, shape and colour.

Don't be scared Don't delay
Call your GP today

Visit www.hse.ie/findcancerearly

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