

ABCDE

GUIDELINES

are a useful way to monitor your skin for early signs of melanoma.

SEEK EXPERT ADVICE IF YOU NOTICE ANY OF THE FOLLOWING IN A SKIN LESION:

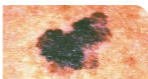
A



ASYMMETRY

One half does not match the other.

B



BORDER *Irregularity*

The edges are irregular, ragged, notched or blurred.

C



COLOUR *Variegation*

The colour is not the same all over, but may have shades of brown or black, or even red, white or blue.

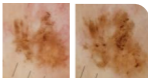
D



DIAMETER

The area is larger than 6mm or is growing larger.

E



EVOLVING

Changing in size, shape, colour, elevation or another trait (such as itching, bleeding or crusting).

5 WAYS

TO PROTECT YOURSELF
FROM THE SUN



Seek shade, especially in the hottest part of the day.



Wear sun-protective clothing that covers your back, shoulders, arms and legs.



Wear a broad-brimmed hat.



Wear wrap-around sunglasses.



Apply a broad-spectrum SPF 50+ sunscreen every 2 hours and after swimming or exercise.

Find out more
about melanoma
prevention:



melanoma.org.au