



## Survival rate for melanoma is high if detected early

### MOLE TRACKER

Use the ruler below to measure and record your moles. If you notice any changes, contact your doctor.

Month 1 Size: \_\_\_\_\_

Month 2 Size: \_\_\_\_\_

Month 3 Size: \_\_\_\_\_

Month 4 Size: \_\_\_\_\_

Month 5 Size: \_\_\_\_\_

Month 6 Size: \_\_\_\_\_

Month 7 Size: \_\_\_\_\_

.25"  
diameter



.75

.5

.25

Check your skin monthly  
[melanomaneetwork.ca](http://melanomaneetwork.ca)

# Learn the **ABCDE's** & Spot **Melanoma**



## **ASYMMETRY**

One half of the mole does not match the other



## **BORDER**

Mole edges are ragged, notched, uneven or blurred



## **COLOUR**

Variety of colours may be present. Shades of black, brown, tan, sometimes with blue, grey, red, pink or white



## **DIAMETER**

Mole has grown in size and is larger than 1/4 inch



## **EVOLUTION**

Mole has changed in the past few weeks or months. It may be itchy, scaling or bleeding