

Mole Check

| | Normal | Abnormal |
|-------------|--|---|
| ASYMMETRY | Round/Oval | Irregular |
| BORDER | Smooth, easy to see where the mole starts and finishes | Fuzzy margin, notches or pieces missing; a red halo |
| COLOUR | Two tone, often darker in the middle | Three or more, a mottled look |
| DIAMETER | <6mm | >6mm |
| ELEVATION | Watch the flat part of the mole it needs review | If mole becomes raised |
| GROWTH RATE | Static or minimal change over years | Growing over 3-4 months |

Take note of any persistent itch, change in colour, shape or size, recurrent bleeding or crusting or new moles after the age of 20. Get them checked by your local doctor.

SUNSCREENS

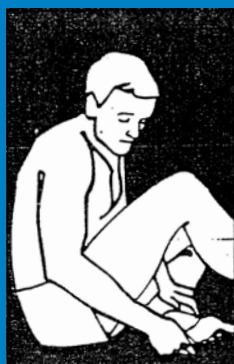
These should be applied on a daily basis to the exposed areas particularly the face and neck. Sunscreens used should all be of SPF 30+ Titanium dioxide and microfine zinc oxide are sun blocks. Other sunscreens are sun filters. Sunscreens need to be reapplied every 2 to 3 hours when outdoors.



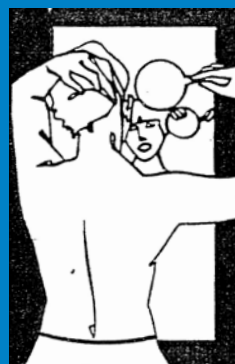
1. Examine your body front and back in the mirror, then right and left sides, arms raised.



2. Bend elbows and look carefully at forearms and upper under arms and palms.



3. Look at the backs of the legs and feet spaces between toes, and sole.



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



5. Finally, check back and buttocks with a hand mirror.