EGLINTON
FOOT CLINIC

FREE GUIDE · SKIN HEALTH

THE 5-MINUTE MOLE CHECK



How to look at your own skin, what to look for, and when it's time to get a professional opinion.

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STEP ONE

LEARN THE ABCDE

Most moles are harmless. These five signs are the ones doctors use to decide whether a mole deserves a closer look. You don't need to be an expert — you're just looking for anything that stands out.

A

ASYMMETRY

Imagine a line through the middle. If the two halves don't match, make a note.

B

BORDER

Healthy moles usually have a smooth, even edge. Ragged, notched or blurred edges are worth noting.

C

COLOUR

One even shade is typical. Several shades in one mole — brown, black, red, white or blue — is not.

D

DIAMETER

Larger than about 6mm, roughly the width of a pencil end, deserves attention. Some small ones can still be a concern.

E

EVOLVING

Any change in size, shape, colour or feel over weeks or months. This is the most important sign of all.

THE "UGLY DUCKLING"

Moles on one person tend to look alike. If one looks very different from the rest, have it checked even if it ticks none of the boxes above.

STEP TWO

HOW TO CHECK

1

PICK GOOD LIGHT

Daylight or a bright bulb, in front of a full-length mirror. Do it after a shower when you're not rushed.

2

GO HEAD TO TOE

Face and scalp (part your hair), ears, neck, chest, arms, hands and between fingers, back, buttocks, legs.

3

USE A SECOND PAIR OF EYES

Ask someone you trust to check your back and scalp, or use a hand mirror.

4

TAKE A PHOTO

Photograph any mole you're unsure of next to a ruler or coin. Repeat once a month and compare.

A PODIATRIST'S REMINDER

DON'T FORGET YOUR FEET

Skin changes on the soles, between the toes and under the toenails are easy to miss because we rarely look there. Check them too, including a dark line or streak under a nail that wasn't caused by a knock.



STEP THREE

WHEN TO GET IT CHECKED

SEE YOUR GP PROMPTLY IF A MOLE:

- changes in size, shape or colour
- itches, crusts, becomes painful or bleeds
- is a new mole that looks different from your others
- is a sore or patch that doesn't heal within about four weeks

Don't wait for your next check or try to diagnose it yourself.

TAKE THIS TO YOUR APPOINTMENT

- Your monthly photos, so the doctor can see how the mole has changed
- When you first noticed it, and what has changed since
- Any family history of skin cancer, and any past sunburn or sunbed use

HOW OFTEN?

Once a month is a good habit, and it only takes five minutes once you know what's normal for you.

PROTECT YOUR SKIN

Use sunscreen of at least SPF30 with a 4 or 5 star UVA rating, cover up and seek shade when the sun is strong.

If you're unsure whether something is worth a GP appointment, or you simply want reassurance, a Map My Mole check is a straightforward way to get a specialist opinion.

WANT A CLOSER LOOK?

GET YOUR MOLES REVIEWED BY DERMATOLOGISTS

Eglinton Foot Clinic offers Map My Mole checks. Kerry photographs your moles with a medical dermatoscope, and UK consultant dermatologists review the images and send back a written report.

- Report in as little as 24 hours from image capture
- Tells you what each mole may represent, with recommendations where relevant
- If a mole looks concerning you'll be advised to see your GP or a dermatologist, and the Map My Mole team phones you to make sure you understand
- Your report can be kept private, sent only to you

BOOK A MOLE CHECK

Call Kerry on **078 4681 6825** or visit **eglintonfootclinic.com/mole-check**

078 4681 6825
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Important: this guide is general information, not a diagnosis, and doesn't replace seeing your GP. Map My Mole is an advice service and doesn't offer advice on removing moles. If you're worried about a mole, see your GP.

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