

# Spot the Difference: Getting Mole Checks

Getting mole checks is a simple way to take care of your skin. Although most moles are harmless, it is important to watch for changes because some can be a sign of skin cancer. With the help of a dermatologist, you can learn how to treat moles properly and keep your skin healthy!

## What are moles?

Moles are small spots that are different in colour, ranging from brown to black or even pink. Most people have between 10 to 45 moles, which can appear during childhood and into adulthood.

## How to spot a risky mole

Follow the 'ABCDE' method for spotting abnormal moles that could be cancerous. If you have any of these signs, make sure to get examined immediately by a dermatologist:

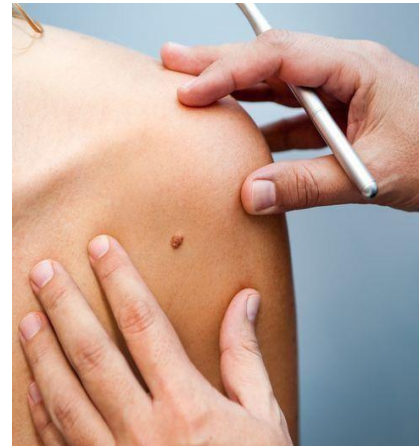
- **A** – Asymmetry; One half of the mole does not match the size or shape of the other half.
- **B** – Border; The border of the mole looks jagged, blurred, or irregular.
- **C** – Colour; The mole has changed colour, has many colours, or has an uneven colour.
- **D** – Diameter; The diameter of the mole is larger than the eraser of a pencil (larger than  $\frac{1}{4}$  inch or about 6 mm).
- **E** – Evolving; The mole looks different and has changed in size, shape, and/or colour.

## Tips for monitoring your moles

- Keep track of all the moles on your body – take pictures and note any changes over time.
- Monitor new moles that appear.
- Discuss any of your mole or skin changes with a medical health professional.
- Write down any questions or concerns before your visit.

**Sources:** <https://www.webmd.com/melanoma-skin-cancer/screening-moles-cancer>

<https://www.mayoclinic.org/diseases-conditions/moles/symptoms-causes/syc-20375200>



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