

No23
SKIN

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MEDICAL & COSMETIC
DERMATOLOGY



Most moles are harmless, but to be sure self check-ups play their part

How to look for signs of skin cancer

Skin Cancer is the most common cancer in the UK, **but** treatable if detected early. Self check-ups play their part. Here's what to keep an eye on - and how.

Check for changes in your skin

Look for anything new, changing, or unusual:

- A new growth that's pearly, transparent, brown, black or, multi-coloured
- A mole, birthmark or brown spot which has changed in size, shape or colour (**see 'New or changing moles' below**)
- A spot that continues to itch, hurt, scab or bleed
- An open sore that doesn't heal within three weeks

New or changing moles

With moles, follow the 'ABCDE' rules:

- **Asymmetry** - the two halves of a mole may differ in shape
- **Border** - the edges may be irregular or blurred, and sometimes show notches
- **Colour** - it may be uneven. Different shades of brown, black or pink may be visible
- **Diameter** - most skin cancer melanomas are 6mm in diameter
- **Expert** - if in doubt, get it checked

Dermatologists recommend you check your skin once a month. If you've never checked your skin before, so are unsure of what's new or has changed, [book an examination with a dermatologist](#) - if you need some help, [ours](#) have over 15 years of experience.

Talk to us today: 0203 9411815

Book online: no23skin.co.uk

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