

Clusters of brown, black or skin-coloured cells that may develop at birth or over time due to genetics, sun exposure and hormonal changes.

Changes to look out for



Asymmetry: One half doesn't match the other.



Border changes: Edges become irregular, blurred or notched.



Colour changes: Uneven colour, darkening or multiple shades.



Diameter: Growth larger than 6 mm or sudden increase in size.



Evolution: Any change in size, shape, texture or sensation.



Surface changes: Puckering, crusting, bleeding, itching or pain.

Mole mapping explained



High-resolution scanning



Close-up dermoscopy (scan) detects subtle changes



Digital documentation per mole



Follow-up scans track changes over time



Full-body digital scan detects changes

Mole mapping and regular skin checks can help you:

- ✓ **Detect** skin cancer earlier
- ✓ **Monitor** high-risk or changing moles

- ✓ **Reduce** unnecessary biopsies
- ✓ **Gain reassurance** through ongoing monitoring

Early detection saves lives

Protecting your skin health is a powerful form of preventive care.

For more about our oncology services, visit our website.