

Warning Signs

As we age, moles may gradually and subtly change in appearance over time. However, a mole should never change quickly (within a few weeks or months). To be on the safe side, any changing mole should be evaluated by a medical provider.



Skin Cancer or melanoma can appear in different ways

1. Changing mole—one of the most important indicators of melanoma is change
2. Mole that “stands out” or looks different from the others
3. New mole (this is normal in younger people, but new moles are not normal after age 40)
4. Fast-growing raised growth
5. Scaly pink patch
6. Non-healing sore or sore that keeps coming back
7. Brown or black streak under a nail
8. Shiny pink bump

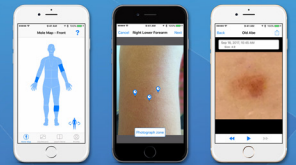
What to do if you find something

1. Talk to your provider if you are concerned about any spots
2. If you don't have a regular provider—find a dermatologist at find-a-derm.aad.org
3. Check out www.waronmelanoma.org for resources and information about finding a doctor, eVisits, a free mole-measuring iPhone app, education about skin cancer and melanoma, and more.

Self Exams: Check Your Skin Often

Mole Mapper is an iPhone app that helps you track your own moles and gives you data to take to your appointment to show your provider. It is also a research opportunity to try to improve the evaluation of moles by phone.

Map
Measure
Monitor



Learn more at:

www.waronmelanoma.org

www.molemapper.org