



Spots and Moles

When should I visit my doctor?

<https://www.cbddoctorsmelbourne.com.au>

HARMLESS SPOT

These spots are no concern. However if they change, show your doctor at your next consult.

WATCH FOR CHANGE

These spots should be watched for change. If they change, you should show these to your doctor within 1-2 months.

Two out of three Australians will get skin cancer in their lifetime. Most skin cancers are the non-Melanoma and are relatively easy to treat. Melanoma on the other hand, makes up a much smaller proportion of skin cancer but are very dangerous and can be difficult to treat, if not caught early.

CONCERN FOR NON MELANOMA SKIN CANCER

These should show these to your doctor within 1-2 months.

CONCERN FOR MELANOMA

These should be shown to your doctor ASAP

Early detection is key to successful outcomes for both Melanoma and non-Melanoma skin cancer, so it is good idea to regularly check our own skin and ask your doctor about anything that has changed or doesn't seem right.

MOLES

A mole is a common benign skin lesion due to a local proliferation of pigment cells (melanocytes). A mole can be present at birth (congenital naevus) or appear later (acquired naevus). There are various kinds of congenital and acquired naevi (American spelling 'nevi'). They may arise on any part of the body. Moles differ in appearance depending on the body site of origin. They may be flat or protruding. They vary in colour from pink or flesh tones to dark brown, steel blue, or black. Light skinned individuals tend to have light-coloured moles and dark-skinned individuals tend to have dark brown or black moles.

ATYPICAL MOLES

An atypical melanocytic naevus is a mole with unusual features, a spot you might identify as 'funny-looking'. It may have ill-defined or blurred borders, irregular margin resulting in an unusual shape, varying shades of colour (pink, tan, brown, black) or flat and bumpy components. Though usually benign, they are worth more of your attention and noting down any changes you see.

SQUAMOUS AND BASAL CELL CARCINOMA

Squamous cell carcinoma (SCC) is a common type of cancer, mainly without pigment. Located on sun-exposed sites, particularly the face, lips, ears, hands, forearms and lower legs. Size varies from a few millimetres to several centimetres in diameter.

Basal cell carcinoma (BCC) is the most common form of skin cancer. Patients with BCC often develop multiple primary tumours over time. They are slow growing plaque or nodule, skin coloured, pink or pigmented, varies in size from a few millimetres to several centimetres in diameter and may have spontaneous bleeding or ulceration. BCC is very rarely a threat to life.

MELANOMA

The first five letters of the alphabet are a guide to help you recognize the warning signs of melanoma.

A is for Asymmetry. Most melanomas are asymmetrical.

B is for Border. Melanoma borders tend to be uneven and may have scalloped or notched edges.

C is for Color. Multiple colors are a warning sign.

D is for Diameter or Dark. While it's ideal to detect a melanoma when it is small, it's a warning sign if a lesion is the size of a pencil eraser or larger.

E is for Evolving. Any change in size, shape, color or elevation of a spot on your skin, or any new symptom in it, such as bleeding, itching or crusting, may be a warning sign of melanoma.

If you notice these warning signs, or anything CHANGE or UNUSUAL on your skin, book an appointment with your doctor promptly.

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