

Why Are Mole Checks Important?

Early Detection of Skin Cancer: Regular checks can help identify suspicious moles or changes in existing moles that may indicate skin cancer, particularly melanoma.

Peace of Mind: Routine evaluations can alleviate concerns about new or changing moles, providing reassurance about your skin health.

Monitoring Changes: Keeping track of changes in size, shape, colour, or texture can help you and your clinician spot potential issues early.

What to Expect During a Mole Check

During a mole check we will:

Conduct a Visual Examination: Assess your skin for any unusual moles or lesions, using a dermatoscope for a closer look.

Ask About Changes: Inquire about any recent changes you've noticed in your moles, including itching, bleeding, or changes in appearance.

Take Photographs: For ongoing monitoring, we may take photographs of your moles to compare during future visits.

Discuss Risk Factors: Review any personal or family history of skin cancer and discuss sun protection measures.

When to Schedule a Mole Check

It's recommended to have a professional mole check at least once a year, especially if you have:

A family history of skin cancer

Many moles (more than 50)

A history of sunburns or excessive sun exposure

Fair skin, light hair, or light eyes

