

When Should You Worry About A Mole?

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Moles are usually circular, brown harmless patches of skin which generally tend to form on the back, legs, arms and face at birth or before the age of 30.

Sometimes moles are not innocuous or harmless and some patients opt to get them removed.

Many people who visit our clinic wish to have a mole removed for cosmetic purposes. Moles can spring up in inconvenient, sometimes embarrassing places such as your face and neck, whereas other people have had moles since birth or childhood and have decided to finally get rid of them.

Equally, many patients visit the clinic because they are worried about a change in a mole and would rather be safe than sorry. (This is a good policy!) In rare cases, moles can also develop into melanomas and can cause an aggressive form of skin cancer. If caught early, the malignant moles can be removed with surgery and often the cancer does not return.

Generally, if a mole changes size, shape or colour, becomes itchy or starts swelling or bleeding, you should get it checked out. A useful guide is following your ABCDE.

A stands for asymmetry. Moles should remain circular and symmetrical. It should not be smaller or bigger on one side.

B stands for border irregularity. Moles with a ragged, or uneven border show irregularity and could be cause for concern.

C stands for colour change. Melanomas have lots of different shades. A healthy mole should only have one or two shades.

D stands for diameter. Most moles are not larger than the width of a pencil. If a mole gets any larger, it is probably not only irritating, but it is also a cause for concern.

E stands for elevated. If your mole is raised more than it was before, you need to keep a close eye on it.

It's important to remember that skin cancer is relatively rare. However, it is important to check your moles regularly and if you have any cause for concern, don't hesitate to get it checked out.

Book in for a 15 minute consultation if you would like to have a discussion about your options.

We offer a 'see & treat' service, where you can have your mole removed on the same day as your consultation. Ask about this when booking.

Call now on **0121 454 3680** to speak with one of the team.

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