

Online Mole Check

What to look for? What is suspicious?

The assisted self-mole check process aims to identify suspicious moles that need to be uploaded for further medical assessment.

This short guide along with the tutorial video, helps you to remember the most important questions and criteria during the mole check process to identify suspicious skin lesions.

Who is present?

- the Patient: whose moles are being checked
- the Assistant or Skin Angel: who assists the mole check process and helps the Patient

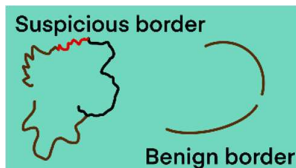
#1 The first question to ask

Ask the patient whether they have anything suspicious (new, changing or growing lesions).

If they have anything to show you, use the ABCDE rule to determine whether to upload it or not for further medical assessment.

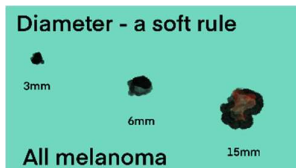
ABCDE rule:

- **A: Asymmetry:** has the lesion an axis of symmetry or it is asymmetrical?



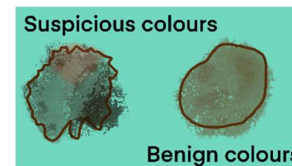
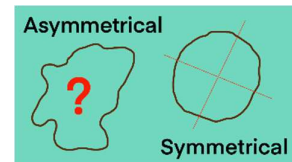
- **B: Border:** is the border of the lesion smooth, well-defined, nicely curved or straight OR it is rugged, interrupted, or irregular?

- **C: Colour:** is it homogenously coloured or contains multiple colours, especially black, red, or white?



- **D: Diameter:** it is a soft rule. If the above criteria apply, you need to take further action.

- **E: Evolution:** is the particular mole changing or definitely unchanged for a long period of time?



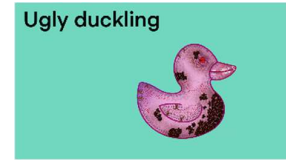
When you **ask the patient about a change**, these are the possible answers:

- *"I don't know"* – use the ABCD criteria above.
- *"I am not sure"* – use the ABCD criteria above.
- *"It has been there forever – from childhood or since birth - without change for sure"* – highly likely it is a benign lesion.
- *"It is a relatively new lesion, appeared a few months/years ago, but not changing since"* – a cautiously suspicious sign.
- *"It is a relatively new lesion, appeared a few months/years ago, and has been changing/grown since"* – quite a suspicious sign.

#2 Have a look from a distance

Either the Patient and the Skin Angel both stand in front of a long wall mirror, jointly looking for an outlier or an Ugly Duckling lesion that stands out from the rest due to any of the reasons listed below. Alternatively, the Skin Angel may choose to step back, enabling them to check the entire skin surface from various angles for the same signs:

- there is a skin lesion that is darker than the rest
- it is bigger than the rest of the moles
- the one that is irregularly shaped
- the one that has multiple colours



So, practically we can identify the ABCDE criteria here. Check the lesion against them and decide whether it needs to be uploaded or not.

#3 Conduct a full body systemic mole check

Use the 'Order of examination' document as a guide and systematically check the whole skin surface according to the ABCDE criteria. Mark the lesions that tick the boxes with a sticker or an eyeliner. These are the lesions that you will eventually upload for further medical assessment.

You will take regional, close up and dermatoscopic images of these lesions in the order of examination that you can upload to the OnlineMoleCheck.com website.

#4 Look for shiny, reddish, non-healing lesions

Check the body for reddish, shiny lesions. They can be flat or elevated. Sometimes irregularly branching vessels are visible. They may show up as a non-healing, sometimes bleeding lesion.

#5 Very high number of asymmetrical or Ugly duckling lesions?

If the patient has high number of moles and you can identify numerous asymmetrical or Ugly duckling lesions, probably the patient is not suitable for an online mole check and an in-person, face-to-face examination is recommended with a dermatologist.

#6 Are you in doubt?

If there is a lesion where you cannot decide, probably best if you take superb quality images and upload them for a further medical check.

Remember

Conduct a full body examination, use the above rules and questions and take superb quality images.