

Check my Moles

Because some beauty marks are worth getting intimate with!
I choose to be proactive about my health and use the following guidelines to check my moles:

Asymmetry

Ideally symmetrical

Borders + Diameters

The border should be smooth, not jagged
The diameter should be < 7 mm

Color Variation

Ideally a single color

Raised

Smaller than the blunt end of a pencil

Texture + State

Your mole should not be bleeding, oozing, or scabbing;
nor should it be itchy, painful, inflamed or have reddish edging

Resources

<http://www.webmd.com/skin-problems-and-treatments/guide/moles-freckles-skin-tags>



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