

## Patients Discharge from the Mole Mapping Service

You have been discharged from the mole mapping service because your moles have not changed for a significant period of time. Even though you are no longer having your moles photographed in the dermatology department, it is important to continue to monitor these yourself as we cannot guarantee that there will be no changes in your moles in the future.

We would recommend on a monthly basis that you take some time to look closely at each of your moles. Ask your partner, close friend or family member to look at any areas you cannot see yourself such as your back and the back of your legs.

If you have a new mole that looks different to your other moles, or have a mole that is developing any of the features listed on our mole monitoring information leaflet, ask your GP to review it and they will refer you back to the Dermatology Department if they are concerned.

If you are not sure whether a mole is changing, take a photograph if you have a digital camera or a smart phone and compare the photos after six to eight weeks. It is important that you have good light and take a reasonably close up image to help you decide if the mole is changing. There are a number of apps for smart phones and tablets that can help you monitor your moles.

This information is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.