

# How to make and send photos of moles for medical analysis?

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To be able to provide medical opinion on moles based on photography only we need the following set of pictures:

- one picture showing the region with the mole (ie. face, arm, etc.)
- one close up picture showing the lesion itself from a short distance
- one, so called dermatoscopic picture.

## How to make a good quality dermatoscopic picture at home?

1. You will need
  - reading glasses or any other type of glass lens
  - water/oil
  - your smart-phone
  - a head-lamp, torch or other source of light
2. How to make it?
  - a, set the light properly illuminating the mole without shadows.
  - b, wet the mole with water or oil.
  - c, place the lens on the wet mole by pushing out all air and showing a clear view of the mole.
  - d, zoom in on the mole with your phone, showing a close up, clear and sharp image of the lesion through the lens.
  - e, ensure that the phone doesn't move while taking the picture.
  - f, double check the quality of your photo(s). It need(s) to be sharp and properly illuminated.If you are not satisfied go to 'a'

The final picture needs to be something like this:



Now you are ready to send your photos.