

EARLY AWARENESS, HEALTHIER SKIN, THIS APRIL!



April 2026

Know Your Skin Why a single mole check could change everything – and how AI is making it easier than ever

by Dr Siva Kumar, Consultant Plastic Surgeon and Skin Cancer expert.

Most of us spend more time choosing a sofa than we do checking our own skin. Yet 1 in 36 men and 1 in 47 women in the UK will be diagnosed with melanoma in their lifetime, and skin cancer rates have been climbing steadily for over a decade. The reassuring news? When found early, the great majority of skin cancers are highly treatable.

This month at The Ü Clinic, we want to take some of the mystery – and the worry – out of looking after your skin. Here is what we think every adult should know about moles, why mole mapping has become such a useful tool, and how to join Mr Siva Kumar for a free online evening event on 11 May.



BOOK A MOLE CHECK
TODAY

Which moles should worry you?

Most moles are completely harmless and stay that way for life. The ones worth a second look are the ones that change. Dermatologists use the simple ABCDE rule as a starting point:

- **Asymmetry** – one half doesn't match the other
- **Border** – edges that are irregular, ragged or blurred
- **Colour** – more than one shade, or sudden darkening
- **Diameter** – larger than 6mm, roughly the size of a pencil rubber
- **Evolving** – any mole that changes in size, shape, colour, or starts itching or bleeding

If a mole ticks any of these boxes, don't panic – but do get it looked at. The vast majority turn out to be benign, and a quick professional check buys you certainty either way.

AI-powered mole mapping: a digital memory for your skin

Spotting change is the single most important part of skin self-checks. The trouble is that change is hard to see in the mirror month to month, especially across dozens of moles. That is where mole mapping comes in.

At The Ü Clinic we use the FotoFinder® 360°, one of the most advanced systems available in the UK. The machine takes high-resolution photographs of your entire skin surface and pairs them with dermoscopic close-ups of individual lesions. Its AI software then compares your images over time, flagging anything that has changed in size, shape or colour – often spotting subtle differences the human eye would miss. Think of it as a digital memory for your skin.

MEET YOUR SPECIALIST

Mr Siva Kumar, Consultant Skin Surgeon

Mr Kumar leads the skin cancer and mole service at The Ü Clinic Sevenoaks. With years of NHS and private experience in dermatological surgery and cutaneous oncology, he combines clinical rigour with a genuinely calm, patient-friendly approach. If you've been putting off getting that mole checked, he's the person to see.



What happens if something is found

If a mole looks suspicious, the next step is usually a short minor surgical procedure under local anaesthetic to remove it for laboratory analysis. The Ü Clinic offers the full pathway in one place – from initial dermoscopy and mapping through to

@ excision, histology and any follow-up treatment. Most patients are in and out within an hour, with discreet stitches and clear aftercare advice. Knowing what to expect tends to make the whole experience far less daunting than people imagine.



Free information event – Monday 11 May

AN EVENING WITH MR SIVA KUMAR

Moles & Early Skin Cancer Detection through AI-Powered Mole Mapping

Monday 11 May 2026 · 19:30 – 20:30 · Live on Zoom

Free for Ü Clinic clients · Limited places

BOOK YOUR PLACE HERE !!!

Ü Vision

Ü Vision recently hosted a successful educational evening at Robert Denholm House in Redhill, bringing together local eye care specialists for an in-depth look at the latest advancements in retinal health. The event, titled "Beyond The Posterior Pole," featured expert presentations from Mr. Neruban Kumaran and Ms. Pratibha Veeramani, focusing on cutting-edge diagnostic techniques and sight-saving decisions. While these sessions are designed for medical professionals, the real impact is felt by our patients; by leading the way in clinical education, we ensure that the community has access to the most advanced and proactive eye care available. We are proud to support the ongoing development of local expertise to keep your vision—and our standards—at their very best.

Ü Health - WELCOMES CARLEEN KIRK

Carleen is an experienced integrative counsellor and psychotherapist in Sevenoaks, who specialises in working with children, young people and their families. With over 20 years of experience in various settings, such as educational and criminal settings, Carleen brings a wealth of clinical experience and expertise to her role.

If you or your young person would benefit from seeing Carleen contact info@theuclinic.com.

BOOK AN APPOINTMENT TODAY



Ü SKIN + AESTHETICS

WELCOMES MR MISTRY

Mr Mistry has a specialist interest in functional and aesthetic reconstruction and rejuvenation of the hand, body and skin.

Mr Mistry helps reverse the tell-tale signs of ageing revealed by the appearance of a patient's hands. He personalises his approach, both surgical and non-surgical, to each individual to ensure your treatment works for you, your lifestyle and your expectations. He has extensive experience of treatment of skin cancers, benign skin lesions as well as functional hand issues such as carpal tunnel syndrome, trigger fingers and Dupuytren's contracture.

BOOK AN APPOINTMENT TODAY

