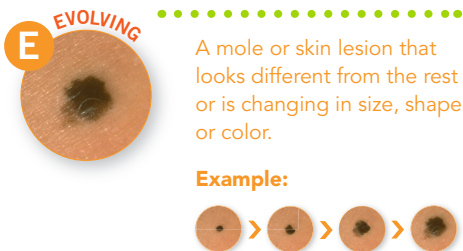
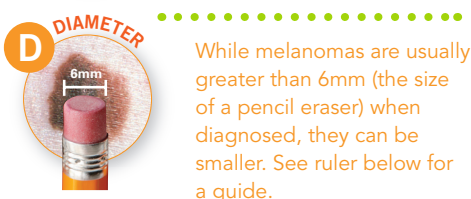
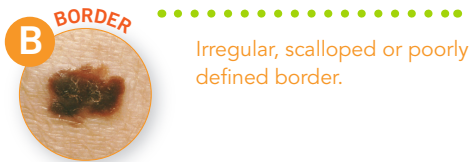


DETECT Skin Cancer: Body Mole Map

Follow these instructions regularly for a thorough skin-exam: **1.** Learn what to look for **2.** Examine your skin **3.** Record your spots and remember if you notice any change, contact your dermatologist to make an appointment. If you don't have one, visit aad.org to find one in your area.

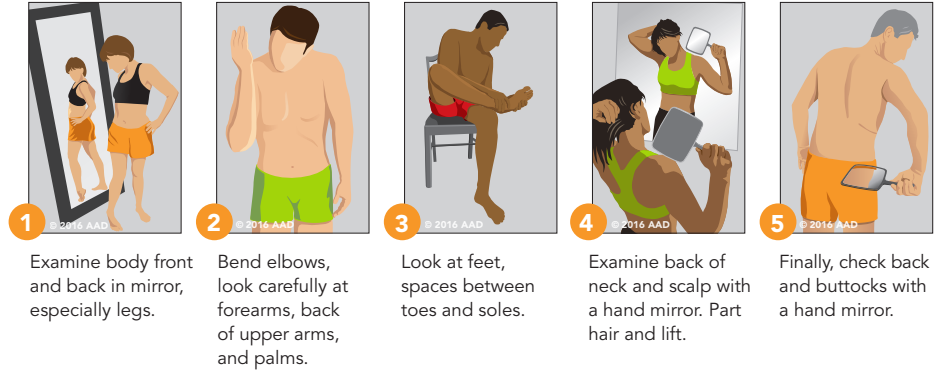
1 The ABCDEs of Melanoma What to Look for:

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:

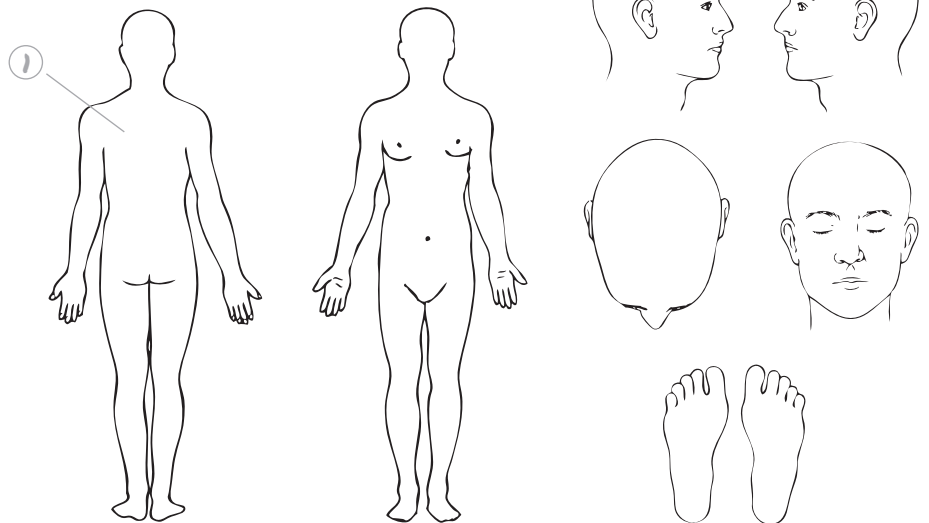


2 Skin Cancer Self-Examination How to Check Your Spots:

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your skin. Ask someone for help when checking your skin, especially in hard to see places.



3 Record Your Spots Make notes of your spots on the images below so you can regularly track changes.



MOLE #	A Asymmetrical? Shape of Mole	B Type of Border?	C Color of mole	D Diameter/Size of Mole. Use ruler provided.	E How has mole changed?
1	OVAL, EVEN	JAGGED	PINK	1.5MM	YES, LARGER

