

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.



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:



One half unlike the other half.



Irregular, scalloped or poorly defined border



Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.



While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller. See ruler below for a guide.

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A mole or skin lesion that looks different from the rest or is changing in size, shape or color.





Skin Cancer Self-ExaminationHow 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.



Examine body front and back in mirror, especially legs.



Bend elbows, look carefully at forearms, back of upper arms, and palms.



Look at feet, spaces between toes and soles.



Examine back of neck and scalp with a hand mirror. Part hair and lift.

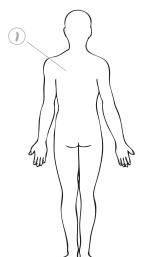


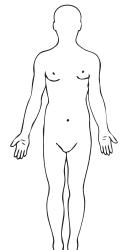
Finally, check back and buttocks with a hand mirror.

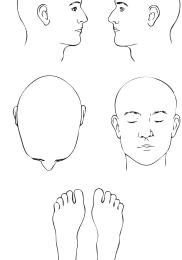


Record Your Spots

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







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

Name:

Date: _____