



# 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 so you can refer back during your next exam!

## 1 The ABCDEs of Melanoma

What to Look for:

Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see with your own eyes. Ask someone for help when checking your skin, especially in hard to see places. If you notice a mole that is different from others, or that changes, itches or bleeds (even if it is small), you should see a dermatologist.



**A ASYMMETRY**  
One half unlike the other half.



**B BORDER**  
Irregular, scalloped or poorly defined border.



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



**D DIAMETER**  
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.



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

Example:



## 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. Remember, some moles are black, red, or even blue. If you see any kind of change on one of your spots, you should have a dermatologist check it out.



**1** Examine body front and back in mirror, then right and left sides, arms raised.



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



**3** Look at backs of legs and feet, spaces between toes, and soles.



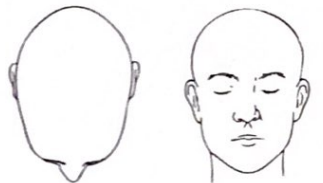
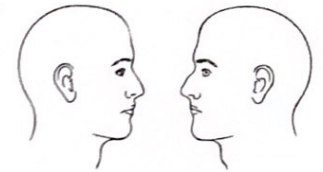
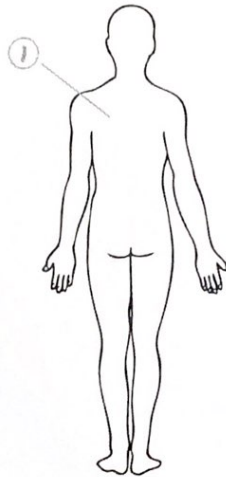
**4** Examine back of neck and scalp with a hand mirror. Part hair and lift.



**5** Finally, check back and buttocks with a hand mirror

## 3 Record Your Spots

Make notes of your spots on the images below so you can track changes from year-to-year.



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






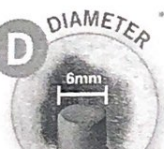



ANYONE  
CAN GET SKIN CANCER,  
REGARDLESS OF SKIN COLOR

## THE ABCDEs OF MELANOMA

What to Look for:

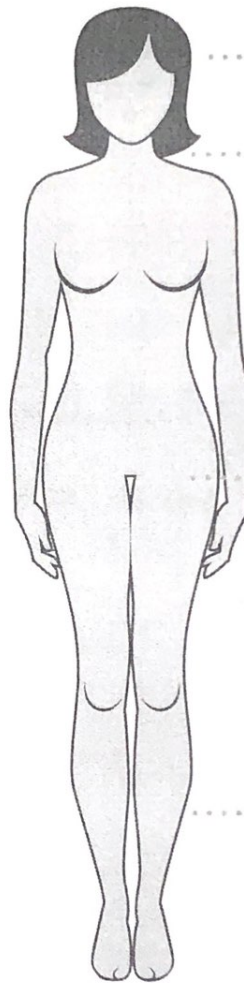
Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:

- A** **ASYMMETRY** One half is unlike the other half.  

- B** **BORDER** Irregular, scalloped or poorly defined border.  

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

- D** **DIAMETER** While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.  

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


## 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.



- 1** Examine body front and back in mirror, then right and left sides, arms raised.
- 2** Examine back of neck and scalp with a hand mirror. Part hair for a closer look at your scalp.
- 3** Bend elbows, look carefully at forearms, back of upper arms, and palms.
- 4** Check back and buttocks with a hand mirror.
- 5** Finally, look at backs of legs and feet, spaces between toes, and soles.



If you find any spots on your skin that are different from others or are changing, itching, or bleeding,