

BE PROACTIVE! Early detection saves lives.

Follow these instructions to perform a thorough self-exam. 1. Know what to look for. 2. Examine your skin. 3. Record your spots with as much detail as possible. If you notice any changes, contact your dermatologist to make an appointment.

Body map for Skin Cancer Self-checks

1 The ABCDEs of Melanoma What to look for:

Melanoma is the deadliest form of skin cancer. However, melanoma has a very high cure rate when caught early. Look for the warning signs below:

A ASYMMETRY

 One half looks different from the other

B BORDER


 The border is irregular or poorly defined

C COLOR

 Changes from one area to another. Shades of brown, black. Sometimes white, red, or blue.

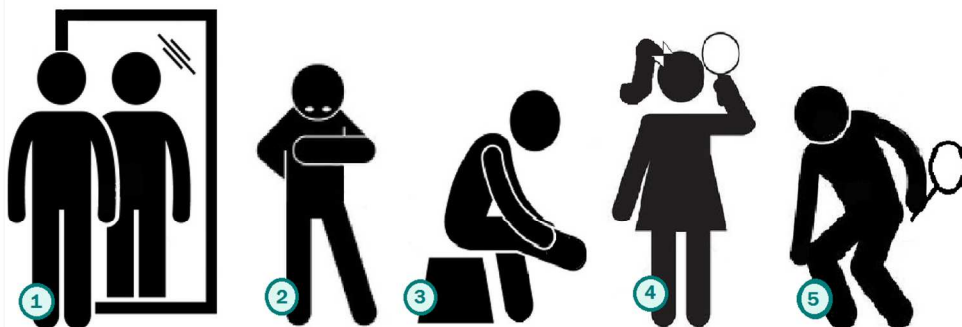
D DIAMETER

 Most melanomas are larger than 6mm (diameter of a pencil eraser).

E EVOLVING

 A mole/lesion that looks different than your other moles, or is changing shape/size/color

2 Skin Cancer Self-Examinations: How to check your spots

Follow the directions below. Take note of all the spots on your body (from moles and freckles, to age spots). Ask someone to help you in hard-to-see places.



1 Examine your body, front and back, in a mirror. Pay special attention to your legs.

2 Look carefully at your arms. Bend elbows & check forearms, back of upper arms, & palms.

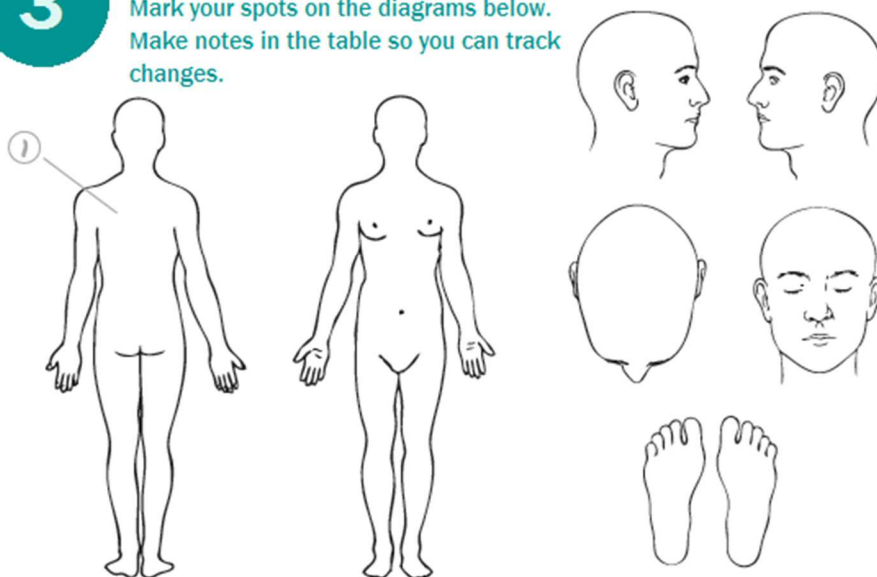
3 Don't forget your feet! Look at the soles, check between toes, and look at nails.

4 Using a hand mirror, examine the back of your neck. Part hair to look at scalp.

5 Finally, check your back, buttocks, and genitals with a hand mirror.

3 Record your moles

Mark your spots on the diagrams below. Make notes in the table so you can track changes.



MOLE #	A Asymmetrical? Shape of mole	B Type of Border	C Color of Mole	D Diameter/Size of Mole. Use ruler.	E How has mole changed?
1	Oval, even	Jagged	Pink	1.5 mm	Yes, larger