

Detect Skin Cancer: Body Mole Map

Follow these instructions regularly to conduct thorough skin exams: **1. Learn** what to look for. **2. Examine** your skin. **3. Record** your spots. If you notice any new or changing spots, contact your dermatologist to make an appointment. If you don't have one, visit aad.org/findaderm to find a board-certified dermatologist 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 is highly treatable. You can identify the warning signs of melanoma by looking for the following:

A

A stands for ASYMMETRY.
One half of the spot is unlike the other half.

B

B stands for BORDER.
The spot has an irregular, scalloped, or poorly defined border.

C

C stands for COLOR.
The spot has varying colors from one area to the next, such as shades of tan, brown or black, or areas of white, red, or blue.

D

D stands for DIAMETER.
While melanomas are usually greater than 6 mm, or about the size of a pencil eraser, when diagnosed, they can be smaller.

E

E stands for EVOLVING.
The spot looks different from the rest or is changing in size, shape, or color.

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 body. Anyone can get skin cancer, regardless of skin color. Ask someone for help when checking your skin, especially in hard-to-see places.

1

Examine your body front and back in a full-length mirror, then look at the right and left sides with your arms raised.

2

Bend your elbows and look carefully at your forearms, underarms, fingernails, and palms.

3

Look at the backs of your legs and feet, the spaces between your toes, your toenails, and the soles of your feet.

4

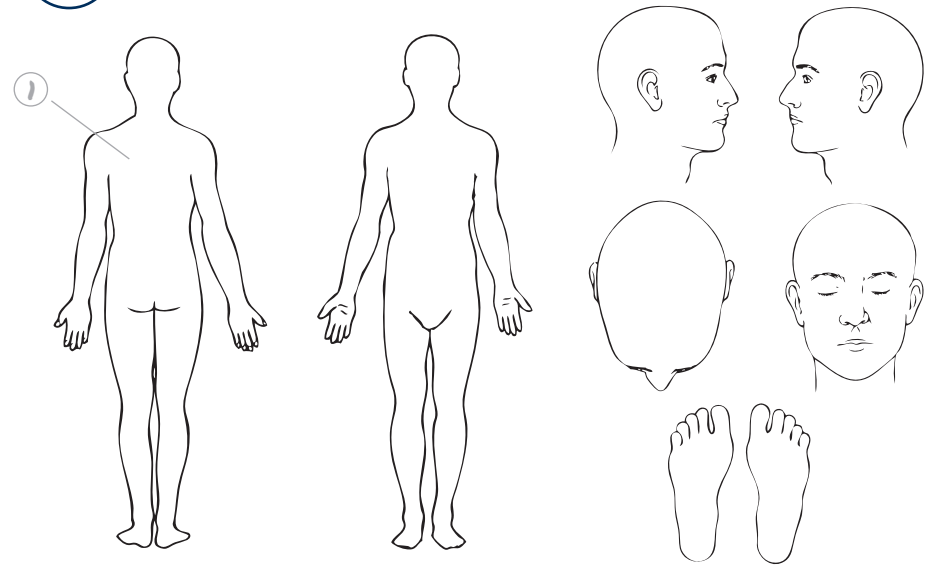
Examine the back of your neck and scalp with a hand mirror. Part your hair for a closer look at your scalp.

5

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

If you wear nail polish, remember to check your nails when the polish is removed.

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	

Practice Safe Sun: Protect Yourself From the Sun

Exposure to UV light is the most preventable risk factor for all skin cancers, including melanoma. You can have fun in the sun and decrease your risk of skin cancer.

Here's how to protect yourself from the sun:



Seek shade. The sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.



Wear sun-protective clothing, such as a lightweight, long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with UV protection, when possible. For more effective protection, choose clothing with an ultraviolet protection factor (UPF) number on the label.



Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to all skin not covered by clothing. Broad-spectrum sunscreen provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.



Use extra caution near water, snow, and sand, as they reflect and intensify the damaging rays of the sun, which can increase your chances of sunburn.



Do not tan — indoors or out. If you want to look tan, consider using a self-tanning product, but continue to use sun protection outdoors.

If you find any new or suspicious spots on your skin, or any spots that are changing, itching, or bleeding, partner with a board-certified dermatologist.

To learn more about skin cancer detection and prevention, partner with a board-certified dermatologist or visit aad.org/SkinCancer.

