



# 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](http://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** **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 the 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:**

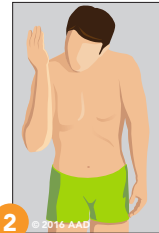


## 2 Skin Cancer Self-Examination How to Check Your Spots:

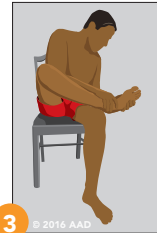
Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your skin. Ask someone for help when checking your skin, especially in hard-to-see places.



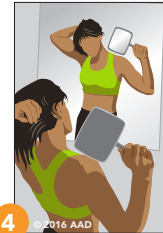
**1** Examine body front and back in mirror, especially legs.



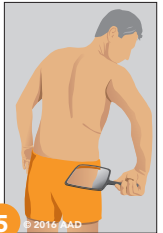
**2** Bend elbows; look carefully at forearms, back of upper arms, and palms.



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



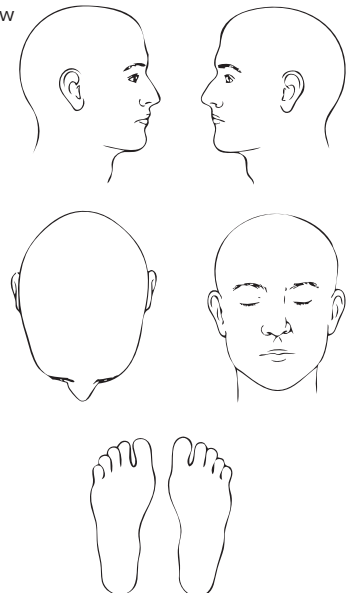
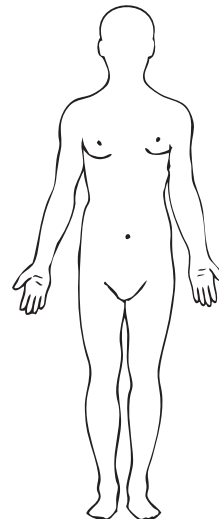
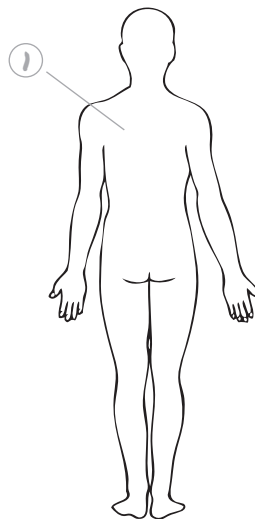
**4** Examine back of neck and scalp with a hand mirror. Part hair and lift.



**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 regularly track changes.



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



# PREVENT Skin Cancer: Protect Yourself From the Sun

Sun exposure 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** when appropriate, remembering that 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 protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- **Generously apply a broad-spectrum, water-resistant sunscreen** with an SPF of 30 or higher to all exposed skin. Broad-spectrum sunscreen provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply approximately every two hours, even on cloudy days, and after swimming or sweating.
- **Use extra caution near water, snow and sand**, as they reflect the damaging rays of the sun, which can increase your chance of skin cancer.
- **Get vitamin D safely** through a healthy diet that may include vitamin supplements. Don't seek the sun.
- **Avoid tanning beds.** Ultraviolet light from the sun and tanning beds can cause skin cancer and premature skin aging. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it.



If you find any new or suspicious spots on your skin, or any spots that are changing, itching or bleeding, make an appointment to see a board-certified dermatologist.

To learn more about skin cancer and find a FREE skin cancer screening, visit **SpotSkinCancer.org**



These prevention and detection messages are brought to you by the American Academy of Dermatology's SPOT Skin Cancer™ campaign, dedicated to a world without skin cancer.

**SpotSkinCancer.org • (888) 462-DERM (3376)**