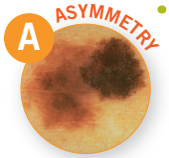
DETECT Skin Cancer: Body Mole Map

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!

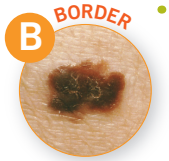
1 The ABCDEs of Melanoma

What to Look for:

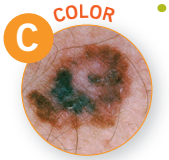
Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see with your own eyes. Ask someone for help when checking your skin, especially in hard to see places. If you notice a mole that is different from others, or that changes, itches or bleeds (even if it is small),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



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.

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

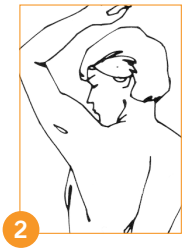
Example:

2 Skin Cancer Self-Examination

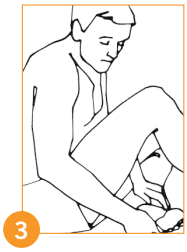
How to Check Your Spots:

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.

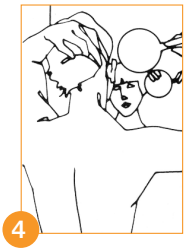
1 Examine body front and back in mirror, then right and left sides, arms raised.



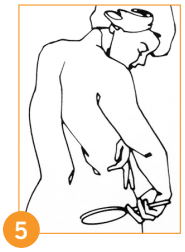
2 Bend elbows, look carefully at forearms, back of upper arms, and palms.



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



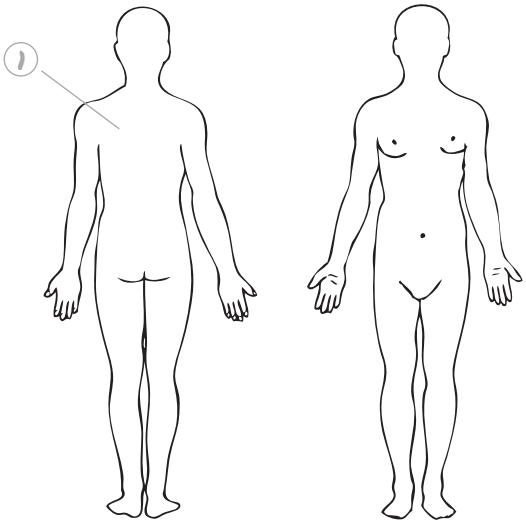
4 Examine back of neck and scalp with a hand mirror. Part hair and lift.

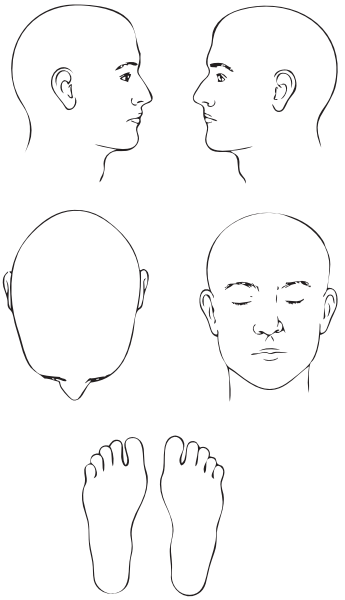


5 Finally, check back and buttocks with a hand mirror.

3 Record Your Spots

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





MOLE #	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

Name: _____ Date: _____

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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:

- **Generously apply a broad-spectrum, water-resistant sunscreen** with a Sun Protection Factor (SPF) of 30 or more to all exposed skin. Broad-spectrum provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply approximately every two hours, even on cloudy days, and after swimming or sweating.
- **Wear protective clothing,** such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- **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.
- **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 wrinkling. 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.
- **Know your spots.** If you notice anything changing, growing, or bleeding on your skin, see a dermatologist. Skin cancer is very treatable when caught early.

If you have any doubt about a mole, find a dermatologist at **www.SpotSkinCancer.org**. The five-year survival rate for people whose melanoma is detected and treated before it spreads to the lymph nodes is 99%, so be sure to check your skin regularly.

These prevention and detection messages are brought to you by the Academy of Dermatology's SPOT Skin Cancer™ campaign, dedicated to a world without skin cancer.
www.SpotSkinCancer.org • 1-888-462-DERM (3376)

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