

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 and remember if you notice any change, contact your dermatologist to make an appointment. If you don't have one, visit aad.org to find one 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 can be effectively treated. 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 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.

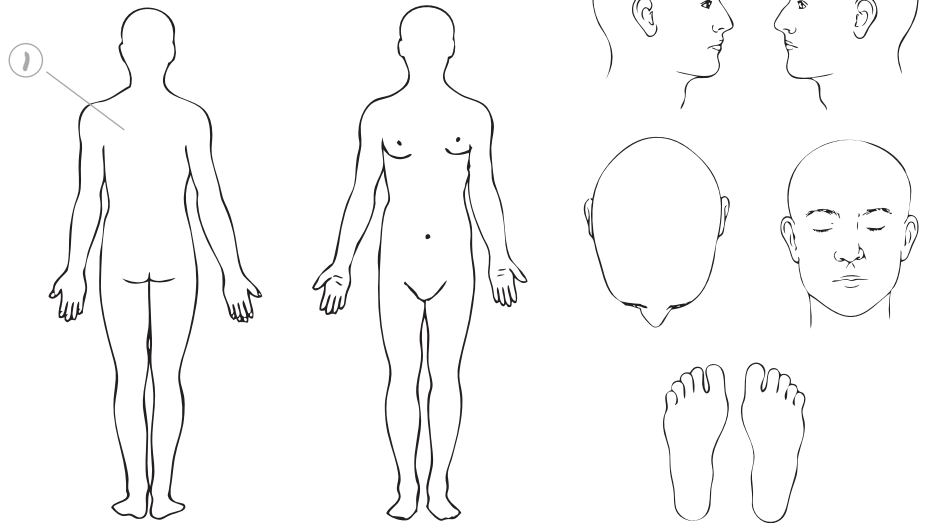
Example:

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 #	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

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 a Sun Protection Factor (SPF) of 30 or higher 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.
- **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.



If you find any spots on your skin that are different from others or 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.

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