Body Mole Map

Follow these instructions regularly for a thorough skin-exam: 1. Examine your skin, 2. Know your spots, 3. Record your spots so you can refer back during your next exam!

see SPOT check SPOT®

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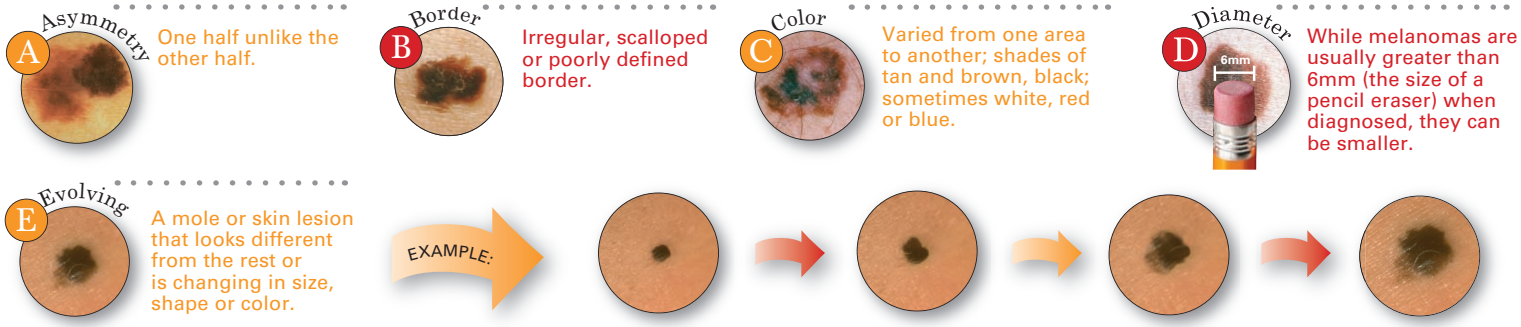
2 The ABCDEs of Melanoma

Skin cancer can develop anywhere on the skin. 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.



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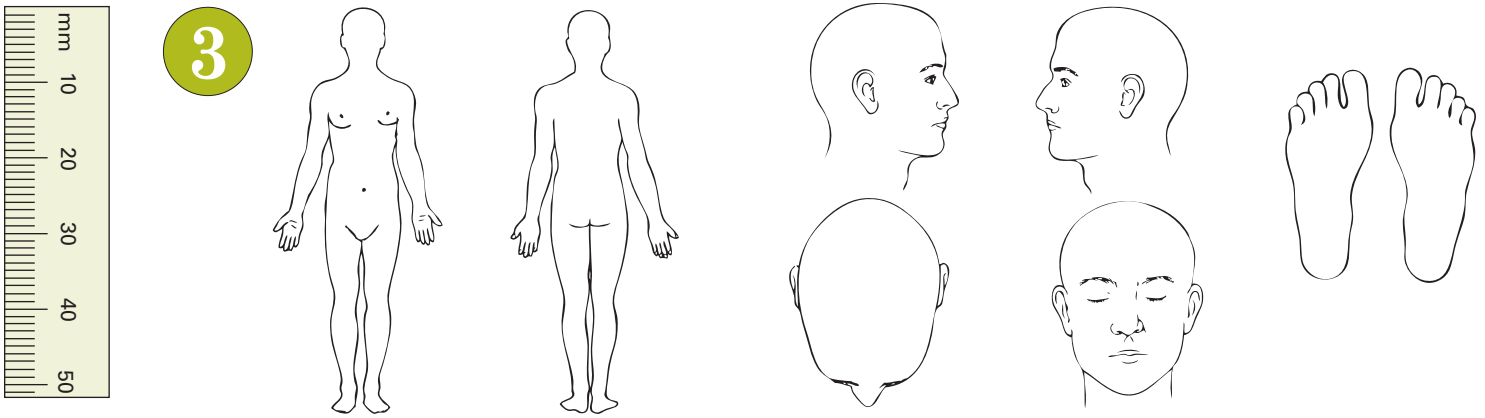

MOLE #	A Asymmetrical? Shape of Mole	B Type of Border?	C Color of mole	D Diameter/Size of Mole. Use ruler provided.	E How has mole changed?

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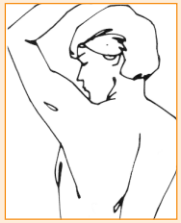
1 Skin Cancer Self-Examination

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.