



# 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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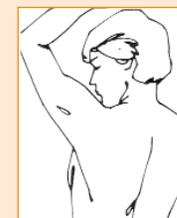
## 1 Skin Cancer Self-Examination

### 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.



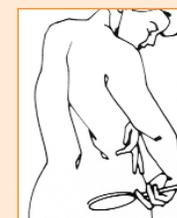
**2** Bend elbows, look carefully at forearms, back of upper arms, and palms.



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



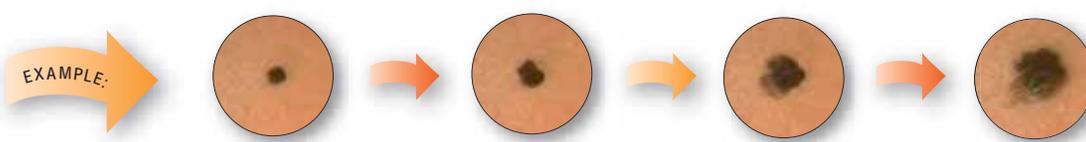
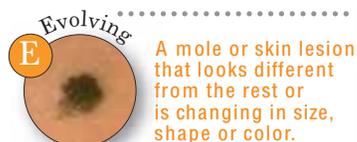
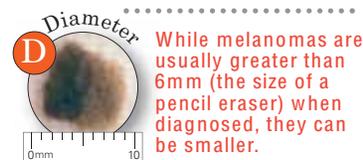
**4** Examine back of neck and scalp with a hand mirror. Part hair and lift.



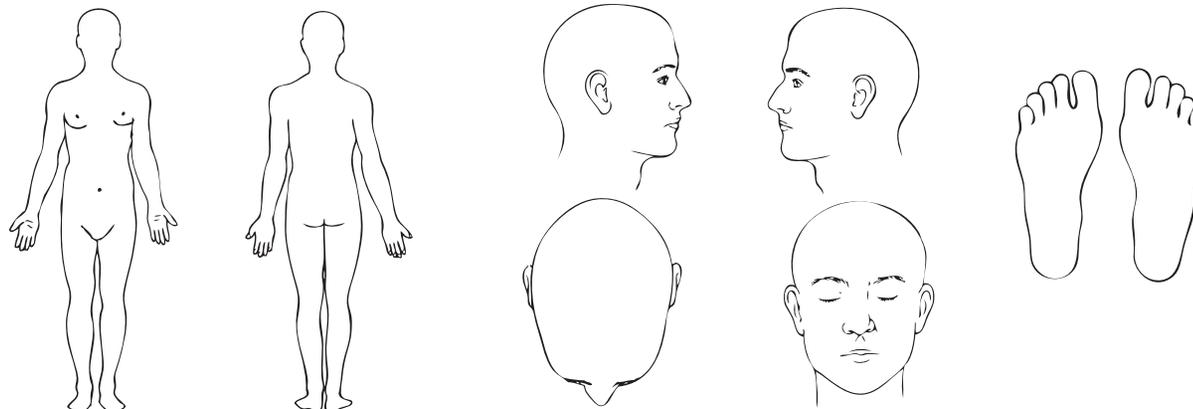
**5** Finally, check back and buttocks with a hand mirror.

## 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.



## 3



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?

# Be Sun Smart<sup>SM</sup>: 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 **Be Sun Smart<sup>SM</sup>**:

- **Generously apply a broad-spectrum, water-resistant sunscreen** with a Sun Protection Factor (SPF) of at least 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, where possible.
- **Seek shade** when appropriate. Remember that the sun's rays are strongest between 10 a.m. and 4 p.m. If your shadow appears to be shorter than you are, seek shade.
- **Protect children** from sun exposure. Be sure to play in the shade, use protective clothing, and apply sunscreen.
- **Use extra caution near water, snow, and sand** because they reflect and intensify the damaging rays of the sun, which can increase your chances of sunburn.
- **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.
- **Check your birthday suit on your birthday.** If you notice anything changing, growing or bleeding on your skin, see a dermatologist. Skin cancer is very treatable when caught early.

Check the Academy's Web site for the latest list of sun-protective products that meet the stringent criteria of the AAD SEAL OF RECOGNITION®.

If you have any doubt about a mole, find a dermatologist at [www.aad.org](http://www.aad.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.



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