



DETECT Skin Cancer: Body Mole Map

Use this illustrated guide to check for signs of skin cancer on your body. Use a mirror to check your back, neck, and scalp. Use a comb to check your hair.

1 The ABCDEs of Moles

Watch out for:

Asymmetry: One half of the mole does not match the other half.
Border: The edges are irregular, blurred, or jagged.
Color: The color is uneven, with shades of brown, black, tan, or red.
Diameter: The mole is larger than a pencil eraser.
Evolution: The mole is changing in size, shape, or color.



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Evolution: The mole is changing in size, shape, or color.



2 Skin Cancer Self-Examination

Check Your Face:

Use a mirror to check your face, neck, and scalp. Use a comb to check your hair.



Forehead
Use a mirror to check your forehead for moles.



Scalp
Use a comb to check your scalp for moles.



Neck
Use a mirror to check your neck for moles.



Face
Use a mirror to check your face for moles.



Back
Use a mirror to check your back for moles.

3 Check Your Body

Use a mirror to check your back, neck, and scalp. Use a comb to check your hair.



Area	Asymmetry	Border	Color	Diameter	Evolution
Forehead					
Scalp					
Neck					
Face					
Back					

PREVENT Skin Cancer: Protect Yourself From the Sun

Sun exposure is the most preventable risk factor for all skin cancers, including melanoma. You can keep your skin safe and decrease your risk of skin cancer.

Here's how to protect yourself from the sun:

- **Wear protective clothing** and **wear sunglasses** when you're outdoors. Wearing UPF 40+ clothing can protect your skin from UV radiation. Wearing sunglasses can protect your eyes from UV radiation. Wearing a wide-brimmed hat can protect your face, neck, and ears from burning or tanning.
- **Use sunburn-protective lotions** and **creams** that provide a sun protection factor (SPF) of 30 or higher. Reapply sunscreen every 2 hours, and before swimming or sweating.
- **Seek shade** when possible, remembering that the sun's rays are strongest between 10 a.m. and 4 p.m. From shade, it's still possible to get sunburned.
- **Be extra careful near water, snow, and ice** because of the reflecting surfaces of the sun's rays. Use sunscreen and wear a hat when you're outdoors.
- **Get checked by a doctor** through a health care provider or a skin cancer specialist, especially if you're at risk.
- **Don't use a tanning bed**. Tanning bed use has been linked to skin cancer and other health problems. Many tanning beds also contain UV radiation, which may increase your tanning bed's UV radiation to an amount similar to that of natural sunlight.
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For more information, visit www.aacr.org. For more information on skin cancer prevention, visit www.aacr.org. For more information on skin cancer prevention, visit www.aacr.org.



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