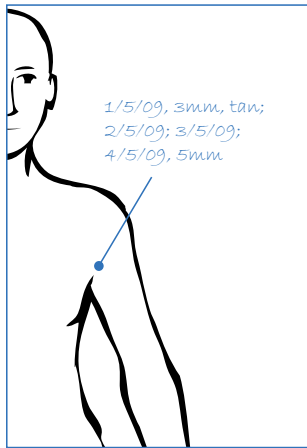


BODY MAPS

Published through a grant from



How to Use the Body Maps



On the first exam, make a dot corresponding to the location on your skin of each freckle, mole, birthmark, bump, sore, scab, or scaly patch. Draw a line out to the margin and indicate its approximate size (use the scale provided) and color, and the date.

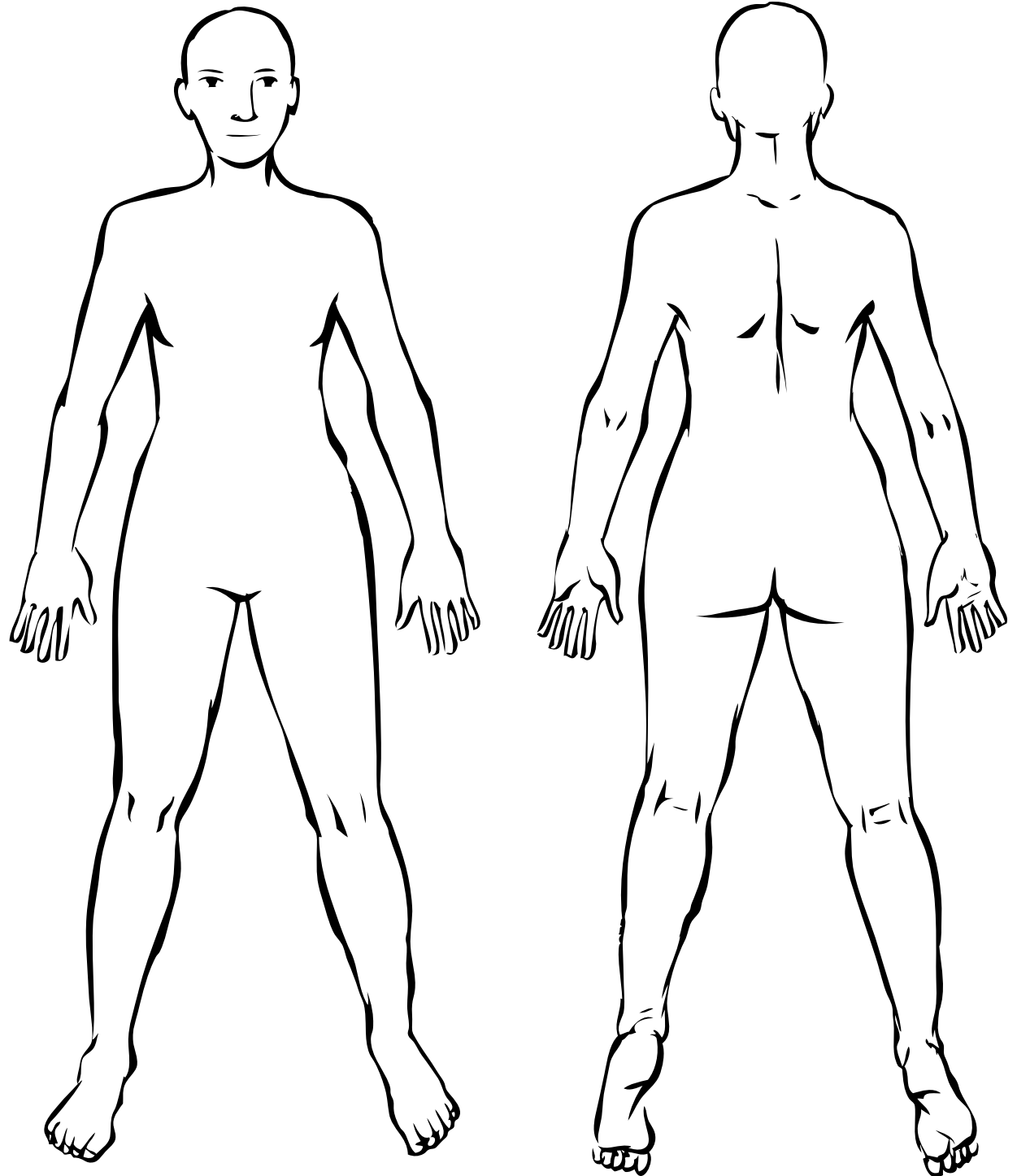
For each exam after that, find the spot on your skin that matches each dot, record the new date next to the old one, and note any change in size, color, or shape. Record any spots you did not see on last examination.

Use the following **Self-Examination Schedule** to keep track of the dates on which you examined yourself. Indicate year, month, and day.



SkinCancer.org

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Who Should Do It

You should! And if you have children, begin teaching them how to at an early age so they can do it themselves by the time they are teens. Coupled with yearly skin exams by a doctor, self-exams are the best way to ensure that you don't become a statistic in the battle against skin cancer.

When to Do It

Performed regularly, self-examination can alert you to changes in your skin and aid in the early detection of skin cancer. It should be done often enough to become a habit, but not so often as to feel like a bother. For most people, once a month is ideal, but ask your doctor if you should do more frequent checks.

You may find it helpful to have a doctor do a full-body exam first, to assure you that any existing spots, freckles, or moles are normal or treat any that may not be. After the first few times, self-examination should take no more than 10 minutes – a small investment in what could be a life-saving procedure.



Self-Examination Schedule

The Skin Cancer Foundation recommends self-examination at monthly intervals. Ask your doctor if you should do it more often.

YEAR 1	YEAR 2	YEAR 3	YEAR 4
Month/Day	Month/Day	Month/Day	Month/Day
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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MEASUREMENT GUIDE

- 3mm
- 5mm
- 7mm
- 9mm
- 11mm
- 13mm
- 15mm