MoleWatch® Map

4 EASY STEPS TO COMPLETE BEFORE YOUR EXAM

MIDWEST DERMATOLOGY CLINIC, P.C.

1. Skin Cancer self exam
2. Look for the letters
3. Record your suspicious moles
4. Bring your MoleWatch Map to Midwest Dermatology Clinic for your examination

1 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 an experienced dermatologist at Midwest Dermatology check it out.

- Examine body front and back in mirror, then right and left sides, arms raised.
- Bend elbows, look carefully at forearms, back of upper arms and palms.
- Look at back of legs and feet, spaces between toes and soles.
- Examine back of neck and scalp with a hand mirror. Part hair and lift.
- Finallly, check back and buttocks with a hand mirror.

2 LOOK FOR THE LETTERS

IF YOU CAN REMEMBER ABCDE, YOU CAN REMEMBER THE WARNING SIGNS FOR MALIGNANT MELANOMA.

Asymmetry – Do the halves of a mole or lesion match each other?

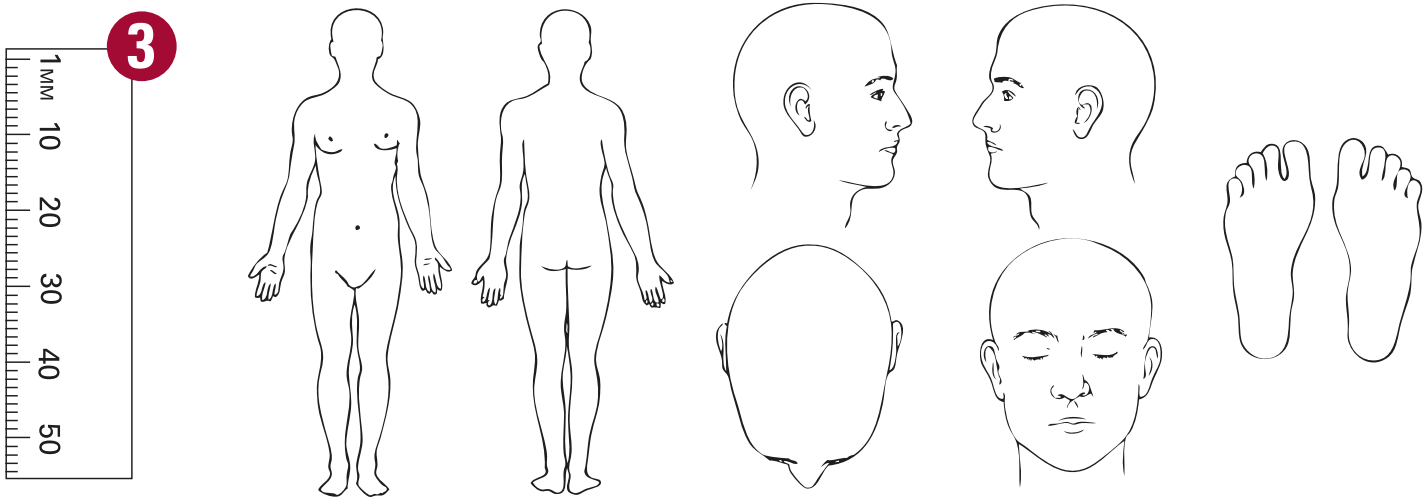
Border – Is the outer edge of a mole or lesion irregular or ragged?

Color – Does the color of a mole or lesion vary inside its borders? Does the mole have shades of brown, black and blue? Or white, red or blue?

Diameter – Is a mole bigger around than the eraser on a No. 2 pencil (about 6mm)?

Evolving– Is a mole changing in size, shape or color? Does it look different than other skin lesions around it?

3



MOLE #	A ASYMMETRICAL? SHAPE OR MOLE	B TYPE OF BORDER?	C COLOR OF MOLE	D DIAMETER/SIZE OF MOLE USE RULER PROVIDED	E HOW HAS THE MOLE CHANGED?