

## SELF EXAMINATION BODY MAPPING

Regularly checking your skin for signs of change can aid in the early detection of skin cancers and in the case of melanoma, could save your life.

Everyone should check their skin, including children so that they can check their own skin by the time they are teenagers. Skcin recommend checking your skin on a monthly basis but more often if advised by your doctor.

Checking your skin should take around 10 minutes and with skin cancer now the most common and fastest rising cancer in the UK, this is a small investment of time that could ensure you don't become a statistic!

It is useful to have your doctor do a full body exam, before you start checking your own skin on a monthly basis. Your doctor should be able to assure you that any existing spots, moles, patches or freckles are OK, or treat any that may be suspicious.

Before beginning self examinations it is a good idea to swot up on the various types of skin cancer and what to look out for as this will help alert you to any changes that could indicate melanoma or non-melanoma skin cancer. To download a useful fact sheet that will advise you on what to look out for visit: [www.skcin.org/types-of-skin-cancer](http://www.skcin.org/types-of-skin-cancer)

## HOW TO USE THE BODY MAP

Upon your first self examination, draw dots on the body maps that correspond to the locations of any moles, freckles, bumps, sores, scaly patches or scabs around your body. Draw a line from each dot and record the date, colour, size and shape of each mole identified and make a note of any patches of skin that appear abnormal and how they look and feel, like the example provided (right).

Each time you check your skin after that, find the spot that corresponds to those on your body map and record the new date, noting any changes in size, shape and colour. Also check your skin thoroughly for any new bumps, moles, patches, or sores.

Use a ruler to help you measure the size of each spot and the schedule provided to keep track of when you have completed your examinations, recording any additional notes you feel appropriate.

Make sure you have plenty of light for maximum visibility and be certain to check your entire body, including under arms and breasts, between fingers and toes, the soles of feet, palms of hands, behind ears and the scalp etc. Get a family member or friend to help you check hard to see places like your back and record findings on the body map.

### BODY MAP EXAMPLE

4/11/2018: New lump  
pearly / translucent, 3mm

2/8/2018, Scaly, sore patch  
Itches, won't heal

2/9/18: As above

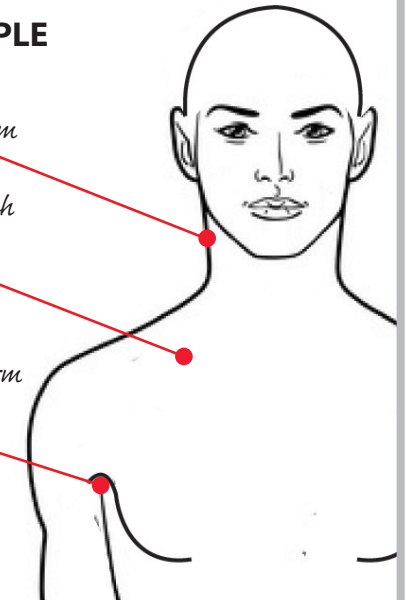
2/10/18: As above

2/8/2018, Mole, Under arm  
even shape / tan colour.

2/9/18: As above

2/10/18: As above

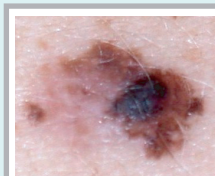
4/11/18: 5mm



**Please note that it is very important to seek medical advice immediately if you are concerned about any changes, existing or new. Paying particular attention to moles, could save your life as the early detection of melanoma is vital.**

## REMEMBER THE ABCDE OF MELANOMA:

The ABCDE of Melanoma is a common screening tool used to compare the characteristics of normal moles versus melanomas. These photographs show examples of melanomas and should help you to recognise what is not normal. However, not all melanomas look like these and some may be very small so it is important to see your doctor if you notice any changes or unusual marks that have lasted more than a few weeks.



### A = ASYMMETRY

When one half of the mole does not match the other half



### B = BORDER

When the borders of the mole are irregular, ragged or blurred



### C = COLOUR

When the colour of the mole varies throughout/ no uniform pigmentation



### D = DIAMETER

When the diameter is greater than 6mm, (but it could be smaller)



### E = EVOLVING

Changes in the mole over variable time - weeks, months or years

For further information on the prevention and early detection of skin cancer, please visit: [www.skcin.org](http://www.skcin.org)

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# ANNUAL BODY MAPPING RECORD SHEET

NAME: \_\_\_\_\_ YEAR(S): \_\_\_\_\_

## DAY / MONTH OF EXAMINATIONS COMPLETED

☐☐☐☐☐☐☐☐☐☐☐☐

Print a new sheet out for each year and retain previous body mapping record sheets.

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