

Skin Cancer Self-Examination Checklist

Did you know...there is a 99% survival rate if skin cancer is found in its earliest stages? The most important factor in early detection is self-examination, which should be performed on a monthly basis. Working a self-examination into your regular routine can be quick and easy—and being aware of any changes in on your body could save your life. Download or print this checklist prepared by [Dr. Henry Garazo](#) to help guide your self-examination.

What You'll Need

- Full length mirror
- Hand mirror
- Blow dryer or examination buddy
- Pencil
- Piece of paper
- Cell phone or camera
- Notebook

Check Your Body

In a well-lit room, such as the bathroom, remove your clothing and stand in front of the full-length mirror. Check the front of your body from head to toe, then use the hand-held mirror to check harder-to-reach areas.

- Face, particularly nose, mouth, and ears
- Neck & under the chin
- Chest, including under breast fold for women
- Shoulders, arms, hands; under arms & between fingers
- Torso, including sides
- Upper thighs, knees, legs
- Genitalia, including skin folds
- Tops and bottoms of feet & in between toes
- Ankles, calves, and behind the knees
- Back of thighs
- Buttocks, including underside
- Flanks, back, and back of neck
- Behind ears, ear tips, and edge of hairline
- Scalp (blow dryer or partner will help)

What to Look For

While you should communicate to your doctor anything that feels odd or different on your body, there are a few things to look out for. If you note any of the following, contact your physician, dermatologist, or [board certified plastic surgeon](#).

The ABCDEs of Melanoma:

- **A:** Cover half of your mole, is it symmetrical? **asymmetry** may be a warning sign
- **B:** Is the **border** of your mole smooth? Melanomas tend to have uneven or distorted edges
- **C:** What **color** is your mole? Healthy moles are typically a consistent shade of brown
- **D:** What's the **diameter** of your mole? Get it checked if it's bigger than a pencil eraser
- **E:** If you note any changes or **evolution** of your mole, call your doctor

Other signs:

- Open sores that don't heal and may bleed
- Crater-like growths that have elevated perimeter
- Scaly growths that resemble a wart, but bleed and crust-over
- Patches of crusty skin that may peel or bleed
- Shiny white, pink, or red bump
- Scar-like patches that are tight and shiny with uneven borders

For a detailed guide on what to look out for, please review our [Visual Mole Guide](#).

Record Your Results

- I have used sight and touch to check all new or existing growths or moles
- I have taken photos of new or existing moles
- I have **measured** the circumference of moles
- I have noted changes in **border** of moles
- I have used a piece of paper to compare each half of the mole
- I have noted **color changes** in existing moles
- I have recorded changes or new finds in a notebook (or tracked changes in an app like [Mole Monitor](#))