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)