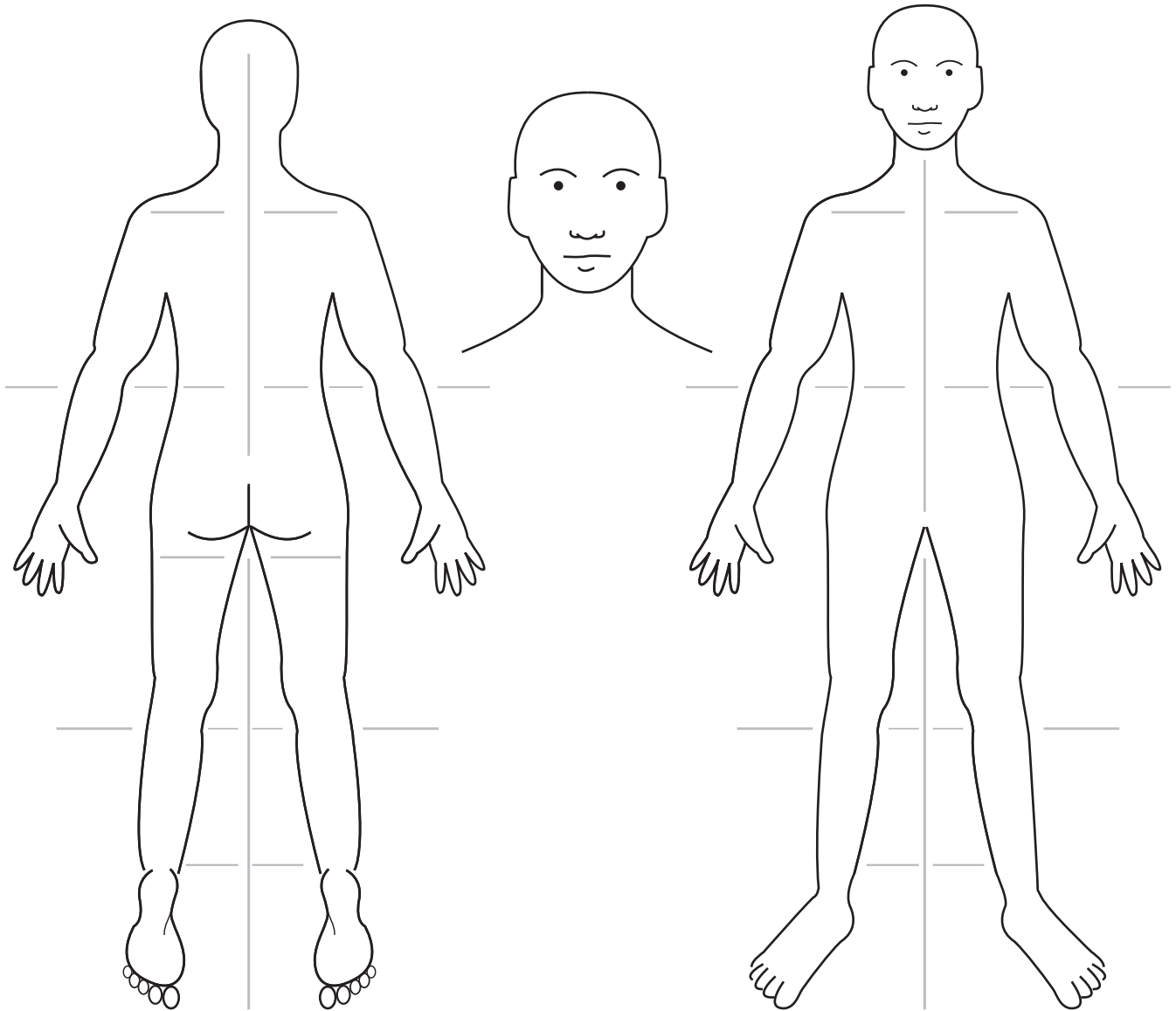


Body Map

The use of a simple diagram or body map may be a useful aid when you are doing a self check of your skin. If you have any moles or lesions which you want to keep a close check on simply map them on the diagram, include the date and any other comments.

Refer to the body map the next time you are conducting your skin check. If you notice any changes see your doctor as soon as possible. If you are unsure that a change is occurring a digital photograph repeated after 2 months may be helpful.



If you find anything unusual, see your doctor right away. Remember, the earlier a melanoma is found, the better the chance for a cure.

THE **MELANOMA** FOUNDATION

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