

Spot the Difference:

How to Look for Changes in Your Skin



Check your skin yourself once a month to look for new or changing skin spots or moles. This may help you find problem spots early, or find cancer early, when it's easier to treat. Checking your own body for skin cancer is called a skin self-exam.

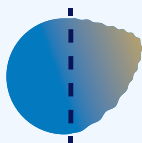
Here's how to do it:

- You need to check your entire body, front and back.
- Use a mirror or ask a family member for help if you can't see a spot with your eyes.
- Start with your face. Check your ears, scalp, neck, back, and shoulders.
- Check your chest, breasts, and armpits.
- Look close at your elbows, hands, and between your fingers.
- Bend to see your back, the back of your thighs, knees, calves, and ankles.
- Sit down in a chair to check the bottoms of your feet and between your toes.

1 in 5 Americans will likely get skin cancer.

Most new spots are normal. Some may turn into skin cancer. Use the letters **ABCDE** to look for warning signs of skin cancer. You can do this for your child's skin too.

ASYMMETRY



Spots that don't look the same on all sides.

BORDER



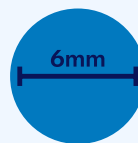
The borders (outside edges) of the spot are uneven.

COLOR



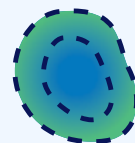
The spot is more than 1 color.

DIAMETER



The length from 1 side of the spot to the other is more than 6 millimeters, or the size of a pencil eraser.

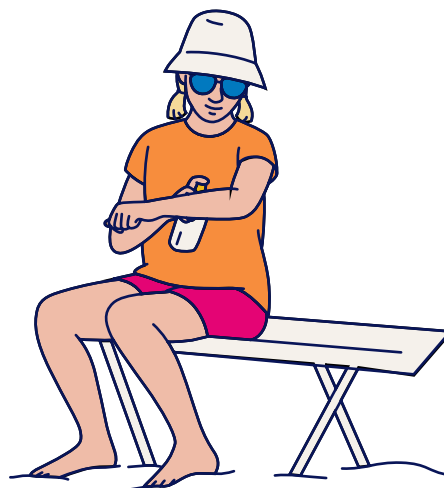
EVOLUTION



The spot changes in size, shape, or color.

Actions You Can Take Today

- Learn ways you can prevent skin cancer.
- Wear sunscreen to protect yourself from the sun.
- Don't use tanning beds.
- Get to know how your skin looks and feels.
- Talk with your care team about any not normal spots, moles, or changes in your skin.
- Call MSK Direct if you or your family needs cancer care. We're here to help, close to home.



Connect with us

The MSK Direct team is available to help you and your family make smart decisions about the best cancer care options at MSK or close to home. Call your dedicated MSK Direct phone number: **646-449-1515** or visit mskcc.org/mskdirectforyou to learn more.