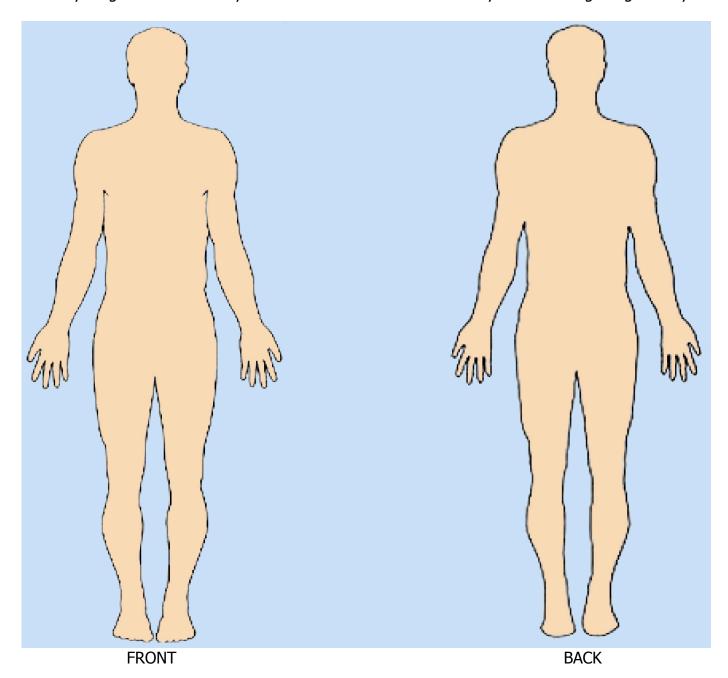


MALE MOLE MAP

Using a wall mirror, hand mirror with a long handle, flashlight, and a brush or dryer to part your hair, check your whole body, front and back, head to toes. Mark the locations of any moles that are large, irregular in shape or color, different than your other moles, and any moles or growths that are changing in any way. Include any other marks or skin growths that you are concerned about. Be sure to include the bottoms of your feet and all other areas where the sun doesn't shine. Have anything unusual or that you are concerned about checked by a dermatologist right away.



FEMALE MOLE MAP

Using a wall mirror, hand mirror with a long handle, flashlight, and a brush or dryer to part your hair, check your whole body, front and back, head to toes. Mark the locations of any moles that are large, irregular in shape or color, different than your other moles, and any moles or growths that are changing in any way. Include any other marks or skin growths that you are concerned about. Be sure to include the bottoms of your feet and all other areas where the sun doesn't shine. Have anything unusual or that you are concerned about checked by a dermatologist right away.

