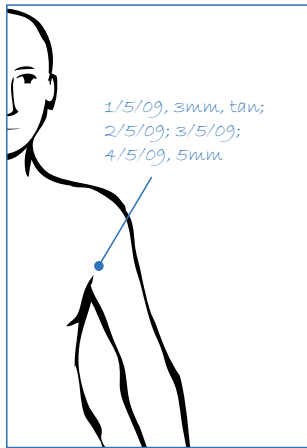


BODY MAPS

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How to Use the Body Maps



On the first exam, make a dot corresponding to the location on your skin of each freckle, mole, birthmark, bump, sore, scab, or scaly patch. Draw a line out to the margin and indicate its approximate size (use the scale provided) and color, and the date.

For each exam after that, find the spot on your skin that matches each dot, record the new date next to the old one, and note any change in size, color, or shape. Record any spots you did not see on last examination.

Use the following **Self-Examination Schedule** to keep track of the dates on which you examined yourself. Indicate year, month, and day.



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