

# Experts in Skin & Hair

## Whole Body Mole Mapping (ATBM Fotofinder) & Skin Cancer Screening

### What is whole body mole mapping?

Whole body mole mapping is a process that records a background map of all your moles. Any suspicious lesions are then recorded with highly magnified dermoscopic images linked to body sites so they can be tracked over time to facilitate the detection of any change. Change is the most important feature of skin cancers like Melanoma and the earlier this change is detected, the earlier it can be treated, making it more likely that you will be cured by surgery.

At Experts in Skin and Hair we use cutting edge skin visualisation technology from the world market leader Fotofinder® and use the 4<sup>th</sup> generation ATBM whole body machine.



### Why is Mole Mapping Important?

Regular mole mapping can:

- Help identify skin cancers early when they are most treatable.
- Provide a visual record of your skin over time.
- Offer peace of mind by monitoring changes in your skin.

### How is it different from a normal examination and other types of mole mapping?

Most dermatologists will examine you with a handheld dermatoscope, which has a small field of view and x10 magnification. They can sometimes be linked to cameras but they are not designed to record images or link to body sites. This makes it difficult to know which mole is which and hard to compare over time.

**Beware as this will still be marketed by doctors, private hospitals and clinics as “Mole Mapping” but is inferior in every way to whole body ATBM Fotofinder mole mapping examination.**

The ATBM mole mapping procedure records all moles on the body and will compare from one visit to the previous one. It will mark moles that have not changed with a white ring, those that have changed with a yellow ring and those that are new with a red ring. With the press of the button the unchanging white ringed lesions can be hidden to focus on the much more important changing of new lesions. Change is key for the detection of cancer.

Suspicious moles can be recorded with the Fotofinder Medicam. This device has a magnification from 20-140x with inbuilt polarized lights, automatic focusing and the software will link each mole to the background map. These crystal clear images can then be analysed by comparison software to detect change over time.

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## Preparing for Your Appointment:

### 1. Schedule Your Appointment:

- Make sure to choose a time that allows you to prepare adequately and be relaxed.

### 2. Avoid Sun Exposure:

- Refrain from tanning, sunbathing, or using tanning beds for at least two weeks prior to your appointment. If your skin is tanned or sunburned, it may be difficult to accurately assess your moles.

### 3. Do Not Apply Products:

- On the day of your appointment, avoid wearing any lotions, creams, or self-tanners, as these can obscure the evaluation of your moles.

### 4. Wear Appropriate Clothing:

- Choose loose, comfortable clothing that allows easy access to all areas of your skin (e.g., shorts and a tank top). Brief style underwear is best. A gown can be provided for the examination or you are welcome to bring your own to the appointment.

### 5. List Your Moles:

- Take note of any moles or skin changes you've noticed, such as changes in size, shape, or colour. This can help your dermatologist address specific concerns during the examination.

### 6. Prepare Your Medical History:

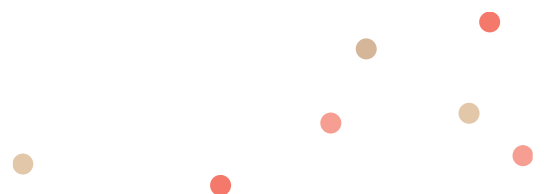
- Be ready to discuss your family history of skin cancer, any previous skin issues or cancer diagnoses, and any medications you are currently taking.

### 7. Consider Supporting Documentation:

- If you have had previous skin evaluations, reports, or mole mapping, bring those documents along for comparison.

### 8. Ask Questions:

- Write down any questions or concerns you might have about the procedure or what to expect afterward. This is your opportunity to learn more about your skin health.



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## What to Expect During the Appointment:

- The procedure will take approximately 30 minutes, depending on the number of moles being examined.
- A trained professional will photograph your entire body, focusing on moles and lesions.
- You will be asked to stand on a mat wearing your underwear. (It is preferable for women to remove their bra so the machine can fully capture the chest and back but this is optional and can be discussed with your doctor).
- You will be asked to change positions to capture all areas, including hard-to-see spots.

## After the Procedure:

- You will receive instructions on monitoring your skin and when to schedule your next mole mapping session.
- If any moles require further evaluation or biopsy, your dermatologist will discuss this with you.

## Remember:

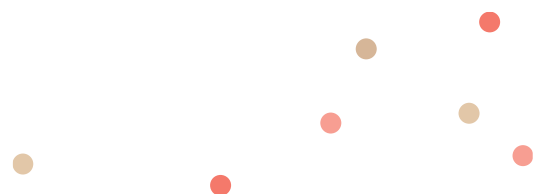
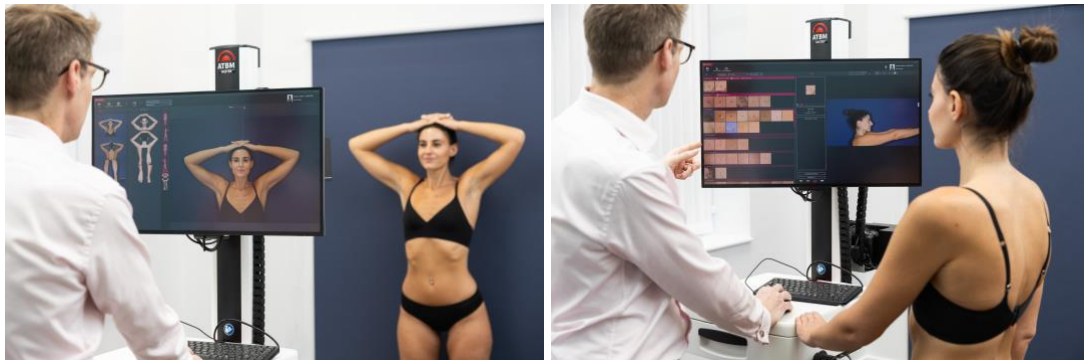
Whole body mole mapping is a proactive step in taking care of your skin health. Following these preparation guidelines will help ensure a smooth and effective examination. For further questions regarding your appointment or the mole mapping process, please contact your healthcare provider

## What happens at the follow up appointment?

At the follow up visit, the entire whole body mapping procedure with “ghosting” software to make sure you are lined up and orientated in the same way is carried out. The ATBM mole mapping software can then compare the two sets of images over time for change in size, shape, volume, colour and symmetry. If there is significant change, surgical excision of that lesion may be recommended.

## Who would benefit from mole mapping & cancer screening?

Anybody who has had a past skin cancer, lived abroad, worked outdoors or had lots of sun from holidays or leisure will benefit from a regular whole body examination and skin cancer screening, which we carry out at each screening visit. Patients who have multiple moles and those with pale skin types, especially if they have large irregular moles, will really benefit from mapping and serial examinations.



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## **How often should I have a follow up mole map or whole body examination?**

This really depends on personal circumstances and how suspicious any particular lesion is. If there is a moderately suspicious lesion and close monitoring is required, then a repeat scan at 4-6 months is recommended. Patients who are high risk may have follow ups every 6-12 months, whilst annual review is recommended for lower risk patients.

## **Will I get a report of my moles?**

We do not routinely produce a report of your moles to patients as the purpose of the technology is to have regular reviews over time to allow the computer based comparison. If you are moving out of the area and can no longer attend follow up appointments, an export can be provided on a USB stick for you to take to your new provider and the images will work on any other Fotofinder whole body machine. Fotofinder is used by the majority of skin cancer experts in the UK and Europe.

## **If I think a mole has changed but I am not due back for a review for some time, what should I do?**

If you think the mole has changed, you should contact our team and bring your appointment forward for re-assessment. Do not wait for your routine appointment as it is really important to remove any suspicious lesions as soon as possible.

