

# HOW TO

# SPOT SKIN CANCER™

USE THIS INFORMATION TO CHECK YOUR SKIN REGULARLY

1 in 5

Americans will develop skin cancer in their lifetime.



ANYONE  
CAN GET SKIN CANCER,  
REGARDLESS OF SKIN COLOR.

## THE ABCDEs OF MELANOMA

### What to Look for:

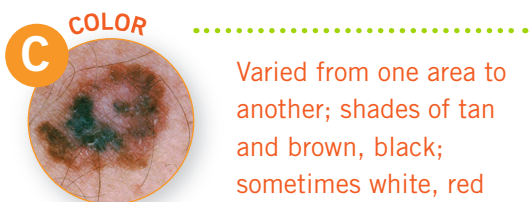
Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma is highly treatable. You can identify the warning signs of melanoma by looking for the following:



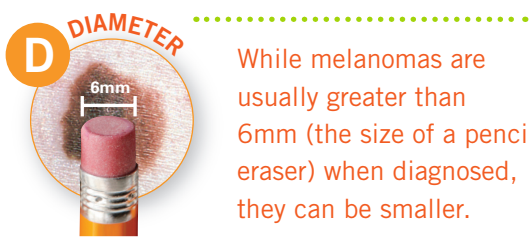
One half is unlike the other half.



Irregular, scalloped or poorly defined border.



Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.



While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.



A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

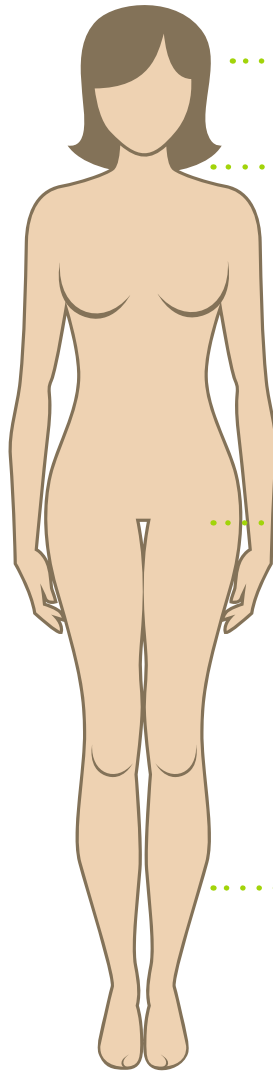
Example:



## SKIN CANCER SELF-EXAMINATION

### How to Check Your Spots:

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your skin. Ask someone for help when checking your skin, especially in hard-to-see places.



**1** Examine body front and back in mirror, then right and left sides, with arms raised.

**2** Examine back of neck and scalp with a hand mirror. Part hair for a closer look at your scalp.

**3** Bend elbows; look carefully at forearms, back of upper arms and palms.

**4** Check back and buttocks with a hand mirror.

**5** Finally, look at backs of legs and feet, spaces between toes, and soles.



If you find any new or suspicious spots on your skin, or any spots that are changing, itching or bleeding, make an appointment to see a board-certified dermatologist.

To learn more about skin cancer and find a FREE skin cancer screening, visit [SpotSkinCancer.org](http://SpotSkinCancer.org)

WHEN CAUGHT EARLY, SKIN CANCER  
IS HIGHLY TREATABLE.

