

DEFEND! CATCH! TAKE ACTION!

HOW TO BE A SKIN CANCER HERO

When spotted early, skin cancer is highly treatable. Early detection starts with you — and not only for yourself, but for your loved ones, too.

EVERYONE CAN BE A SKIN CANCER HERO.

DEFEND!

DEFEND YOURSELF AND YOUR LOVED ONES

PERFORM REGULAR SKIN CANCER EXAMS

When checking your or your partner's skin, take note of all the spots on the body, from moles to freckles to age spots. Detect skin cancer early by following these steps:

- 1 Examine your partner's body front and back, then look at their right and left sides with their arms raised.
- 2 Bend their elbows and look carefully at their forearms, underarms and palms.
- 3 Examine the back of their neck and scalp. Part their hair for a closer look.
- 4 Check their back and buttocks.
- 5 Finally, look at the backs of their legs and feet, the spaces between their toes, and the soles of their feet.

BE YOUR OWN HERO

Recent research indicates that about half of melanomas are self-detected.

CATCH!

CATCH SUSPICIOUS SPOTS

USE THE ABCDEs OF MELANOMA

Melanoma is the deadliest form of skin cancer. However, when detected early, it can be effectively treated. Look for the following warning signs of melanoma when performing skin exams:

<p>A</p>	<p>B</p>	<p>C</p>	<p>D</p>	<p>E</p>
<p>ASYMMETRY</p> <p>One half is unlike the other half.</p>	<p>BORDER</p> <p>Irregular, scalloped or poorly defined border.</p>	<p>COLOR</p> <p>Varied from one area to another; has shades of tan, brown or black; sometimes white, red, or blue.</p>	<p>DIAMETER</p> <p>While melanomas are typically greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.</p>	<p>EVOLVING</p> <p>A mole or skin lesion that looks different from the rest or is changing in size, shape or color.</p> <p>Example:</p>

TAKE ACTION!

TAKE ACTION NOW

GET IT CHECKED

If you notice 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 in your area, visit SpotSkinCancer.org.