HOW TO 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 can be effectively treated. You can identify the warning signs of melanoma by looking for the following:

A. Asymmetry: One half is unlike the other half.

B. Border: Irregular, scalloped or poorly defined border.

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

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

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

Example:

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<td>Examines body front and back in mirror, then right and left sides, arms raised.</td>
<td>Examines back of neck and scalp with a hand mirror. Part hair for a closer look at your scalp.</td>
<td>Bend elbows, look carefully at forearms, back of upper arms, and palms.</td>
<td>Check back and buttocks with a hand mirror.</td>
<td>Finally, look at backs of legs and feet, spaces between toes, and soles.</td>
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If you find any spots on your skin that are different from others or 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

WHEN CAUGHT EARLY, SKIN CANCER IS HIGHLY TREATABLE