

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



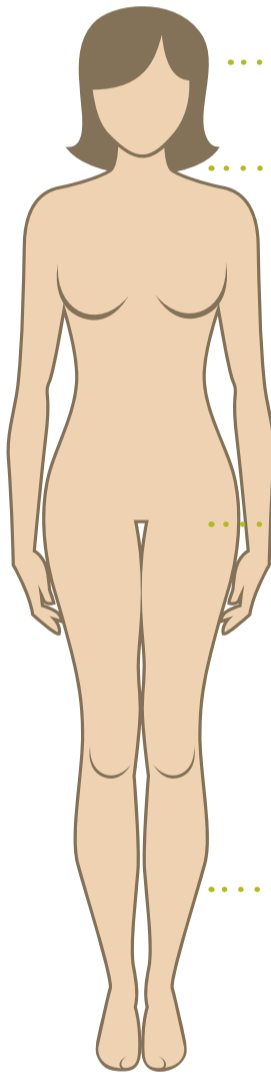
Example:



## 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, 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 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](http://SpotSkinCancer.org)

WHEN CAUGHT EARLY, SKIN CANCER  
IS HIGHLY TREATABLE

