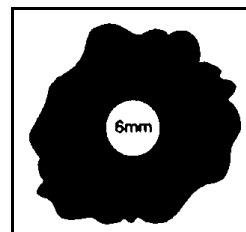
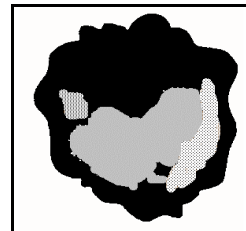
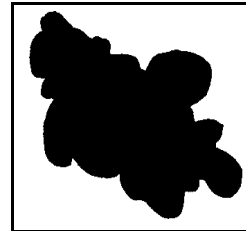
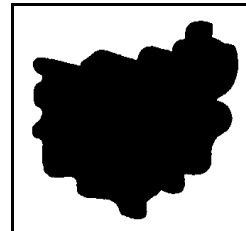


Melanoma and Skin Exam

Melanoma is the most serious type of skin cancer. When melanoma is treated in its early stages, treatment is more successful. By doing a simple monthly exam, you may find melanoma early.

Melanoma can occur anywhere on the body. Check all of your skin carefully. When doing your monthly exam, look for:

- **Asymmetry:** One half of the area does not match the other half.
- **Border:** The edges are uneven or ragged.
- **Color:** The color is uneven with more than one shade or color present.
- **Size:** Any change in size, or if the size is larger than a pencil eraser.
- **Feeling:** There are changes in the way it feels such as itching, dryness, lumpy, swollen or tender.

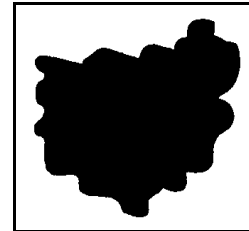


Melanoma iyo Baadhitaanka Maqaarka

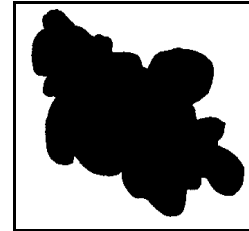
Melanoma waa nooca ugu daran kansarka maqaarka. Marka melanoma la daaweeyo marxaladaha hore, daaweyntu way ku guuleysataa. Adiga oo baadhitaan iska fudud oo bishiiba mar ah, ayaa laga yaabaa in aad melanoma waqti hore ku ogaatid.

Melanoma waxay ku dhici/kartaa meel kasta oo jidhka ka mid ah. Si taxaddar leh maqaarka oo dhan isaga hubi/baadh. Marka aad sameyneysid baadhitaanka bishiiba marka ah, iska fiiri:

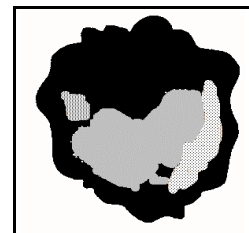
- **Wax aan is lahayn:** Kala badhka meesha ay ku dhacdo uma eka badhka kale.



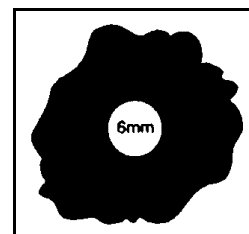
- **Xudduud:** Dhinacyadu ma sinna ama way kala sarreeyaan.



- **Midabka:** Midabku isku mid maahan isagoo leh in ka badan hal meel madow ama midab leh.



- **Cabbirka:** Isbeddel kasta oo cabbirka ah, ama haddii cabbirku uu ka ballaaran yahay goommada qalin rasaaska.



- **Dareenka:** Waxaa jira isbeddello ku dhaca sida la dareemo sida cun-cunka, engeгнаanta, soo kuusanaanta, bararka, ama jileeca.

Melanoma and Skin Exam. Somali.

How to Check Your Skin

Each month after you shower or bathe and before you dress, do the following exam:

1. Look in the mirror at the front and back of your body. Then, raise your arms and check your right and left sides.
2. With elbows bent, look carefully at your forearms, underarms, and palms of your hands.
3. Check the backs of your legs and feet, the bottom of your feet and between your toes.
4. With a mirror and hand mirror, look at the back of your neck and scalp. Check your scalp by parting your hair.
5. Use a hand mirror and check your back, between the buttocks and the genital area.

By checking your skin regularly, you will know what is normal for you. See your doctor right away if you see any changes or have any concerns.

Sidee ayaad isaga Hubineysaa Maqaarkaaga

Bil kasta markaad maydhato ama qubeysato asaanad weli dharka xidhann, samee imtixaannada soo socda:

1. Muraayadda ku eeg horta iyo gadaasha jidhkaaga. Ka dibna, gacmahaaga kor u qaad oo u firso dhinacaaga midig iyo kan bidixeba.
2. Iyadoo suxuladu kuu soo laaban yihiin, si taxaddar leh u eeg gacmahaaga dushooda, gudahooda, iyo calaacalaha gacmaha.
3. Hubi dhinacyada danbe ee lugahaaga iyo cagaha, hoosta cagahaaga iyo inta u dhexeysa suulashaada.
4. Muraayad iyo muraayad gacmeed, ku eeg dhinaca danbe ee qortaada iyo madaxa. Madaxa iska hubi adigoo timaha kala leexinaya.
5. Isticmaal muraayad gacmeed oo ku hubi dhabarkaaga, inta u dhexeysa badhida iyo cowrada.

Adiga oo si joogto ah u hubinaya maqaarkaaga, ayaad ku ogaan doontaa waxa caadiga kuu ah. Arag takhtarkaaga isla markiiba haddii aad aragto wax isbeddell ah ama aad walaac qabto.

Melanoma and Skin Exam. Somali.

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