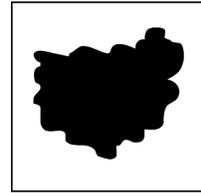


Melanoma and Skin Exam

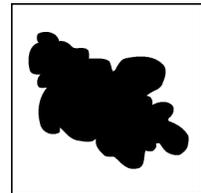
Melanoma is the most serious type of skin cancer. When melanoma is treated in its early stages, treatment is more successful. By doing a simple monthly exam, you may find melanoma early.

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

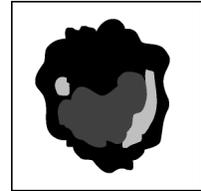
- **Asymmetry:** One half of the area does not match the other half.



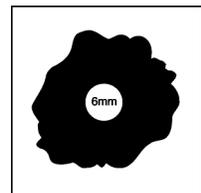
- **Border:** The edges are uneven or ragged.



- **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.

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.