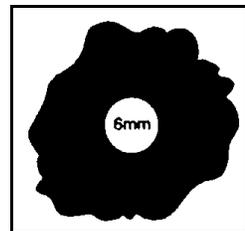
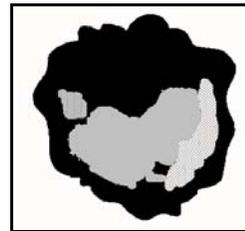
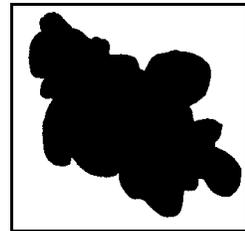
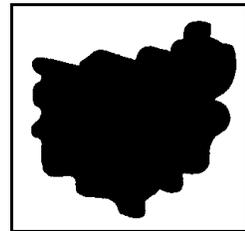


Melanoma and Skin Exam

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.

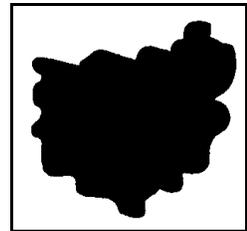


黑色素瘤和皮肤检查

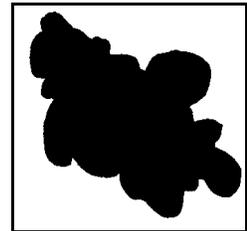
黑色素瘤是最严重类型的皮肤癌。若对黑色素瘤作早期治疗，治疗成功率更高。只须做一项简单的每月检查，你就可能及早发现黑色素瘤。

黑色素瘤能发生在身体的任何部位。请仔细地检查你全身的皮肤。在做每月检查时，请查找：

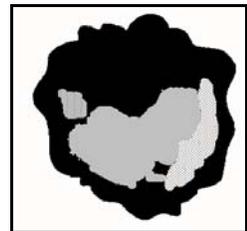
- **不对称现象：**一个部位的一半与另一半不相称。



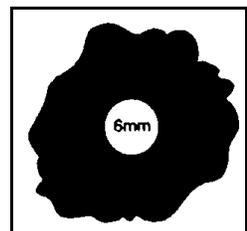
- **边缘：**边缘不平顺或粗糙。



- **颜色：**颜色不均匀，有一个以上深浅色或颜色。



- **大小：**大小方面有任何变化，或如果尺寸超过一个铅笔擦头。



- **感觉：**在感觉方面有变化，如瘙痒、发干、起块、肿胀或有触痛。

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.

如何检查你的皮肤

每个月在你淋浴或洗澡后及在你穿上衣服之前，请做以下检查：

1. 在镜子里看你身体的前部和背部。然后，抬起你的胳膊，检查你的左右两侧。
2. 将胳膊肘弯曲，仔细查看你的前臂、腋下和手掌。
3. 检查你的腿后部和脚后跟、脚底和脚趾间。
4. 用一面镜子和一把手镜查看你的后颈部和脑后的头皮。分开你的头发来检查你的头皮。
5. 用一面镜子和一把手镜检查你的背部、股间和私部。

通过定期检查你的皮肤，你会知道什么样子是正常的。如果你看到任何变化或有任何关注事宜，请立刻看医生。

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Melanoma and Skin Exam. Simplified Chinese.