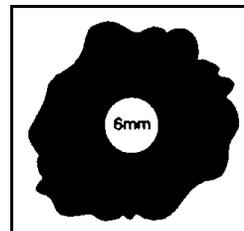
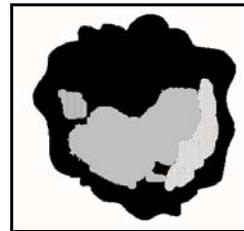
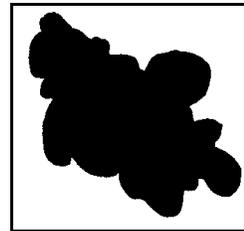
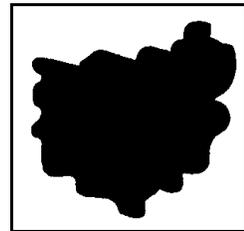


Melanoma and Skin Exam

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.

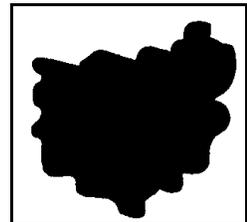


黑色素瘤和皮膚檢查

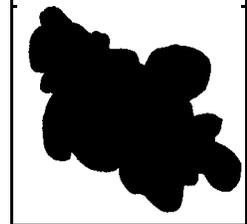
黑色素瘤是最嚴重類型的皮膚癌。若對黑色素瘤作早期治療，治療更能成功。只須做一項簡單的每月檢查，你就可能及早發現黑色素瘤。

黑色素瘤能發生在身體的任何部位。請仔細地檢查你全身的皮膚。在做每月檢查時，請查找：

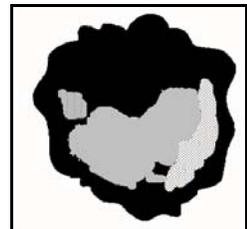
- **不對稱現象**：一個部位的一半與另一半不相稱。



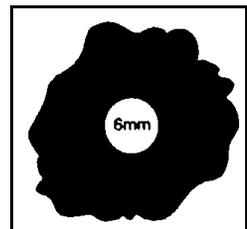
- **邊緣**：邊緣不平順或粗糙。



- **顏色**：顏色不均勻，有一個以上深淺色或顏色。



- **大小**：大小方面有任何變化，或如果尺寸超過一個鉛筆擦頭。



- **感覺**：在感覺方面有變化，如瘙癢、發乾、起塊、腫脹或有觸痛。

Melanoma and Skin Exam. Traditional Chinese.

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.

如何檢查你的皮膚

每個月在你淋浴或洗澡後及在你穿上衣服之前，請做以下檢查：

1. 在鏡子裡看你身體的前部和背部。然後，抬起你的胳膊，檢查你的左右兩側。
2. 將胳膊肘彎曲，仔細查看你的前臂、腋下和手掌。
3. 檢查你的腿後部和腳後跟、腳底和腳趾間。
4. 用一面鏡子和一把手鏡查看你的後頸部和腦後的頭皮。分開你的頭髮來檢查你的頭皮。
5. 用一面鏡子和一把手鏡檢查你的背部、股間和私部。

通過定期檢查你的皮膚，你會知道什麼樣子是正常的。如果你看到任何變化或有任何關注事項，請立刻看醫生。

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Melanoma and Skin Exam. Traditional Chinese.