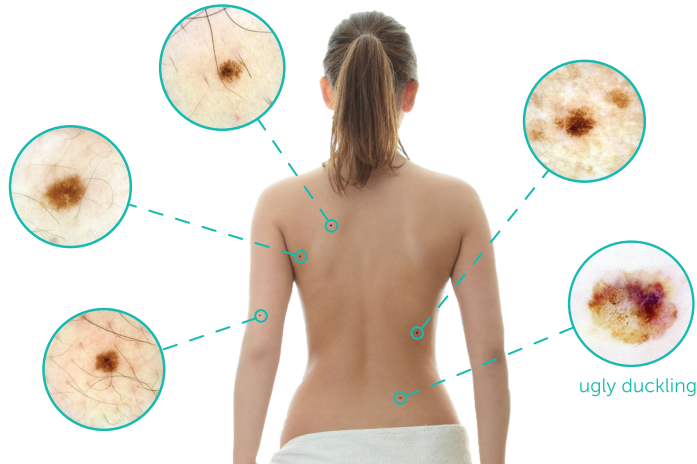


Skin Checks: What To Look For

Skin checks are an important part of getting to know the skin you're in and being able to identify any changes that may happen over time to keep your skin healthy. If you notice any new changes to a mole such as increasing in size, irregular shape, bleeding or color changes contact your physician.

When detected early, the survival rate of melanoma (the most serious form of skin cancer) is over 98%. Checking your skin helps you identify suspicious spots sooner rather than later!



Look out for the ugly duckling

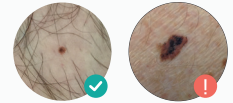
An ugly duckling is a spot that stands out from the rest. Perhaps it's in an area with no other spots or looks drastically different from the others. When in doubt, ask your doctor.

ABCDEs of Melanoma

If your mole has one or more of these features it's time to see a doctor.

A

Asymmetry
Two different halves



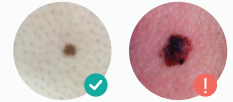
B

Border
Jagged border



C

Color
Multiple colors



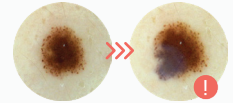
D

Diameter
Over 6 mm



E

Evolution
Changes shape or color



How to do a self-exam

