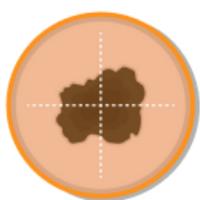




How To Perform A Self Skin Check

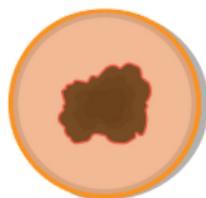
- Make it part of your daily routine. The key is paying attention over time to new or changing spots on your skin.
- Skin cancer can develop anywhere, so consider the childhood song “Head, Shoulders, Knees and Toes” - except add “and everywhere in between” to the end of the tune.
- Don’t forget the acronym ABCDE. This is what you should be on the lookout for. Skin cancer doesn’t necessarily mean it has to cover every letter, even one is a reason to visit your dermatologist.



A

ASYMMETRY

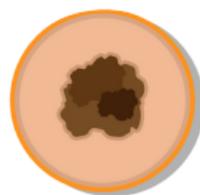
One half of your suspicious spot or mole is unlike the other.



B

BORDER

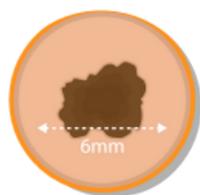
The spot or mole has an irregular, scalloped or poorly defined border.



C

COLOR

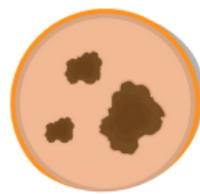
The spot or mole has varying colors such as shades of tan, brown, black, or areas of white, red, or blue.



D

DIAMETER

While melanomas are usually greater than 6mm, or about a pencil eraser, when diagnosed early they can be smaller.



E

EVOLUTION

You have been monitoring a spot or mole on your body and noticed that it has evolved over time in size, shape, or color.



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by age, race, or nationality