



skin CANCER

How to Spot It

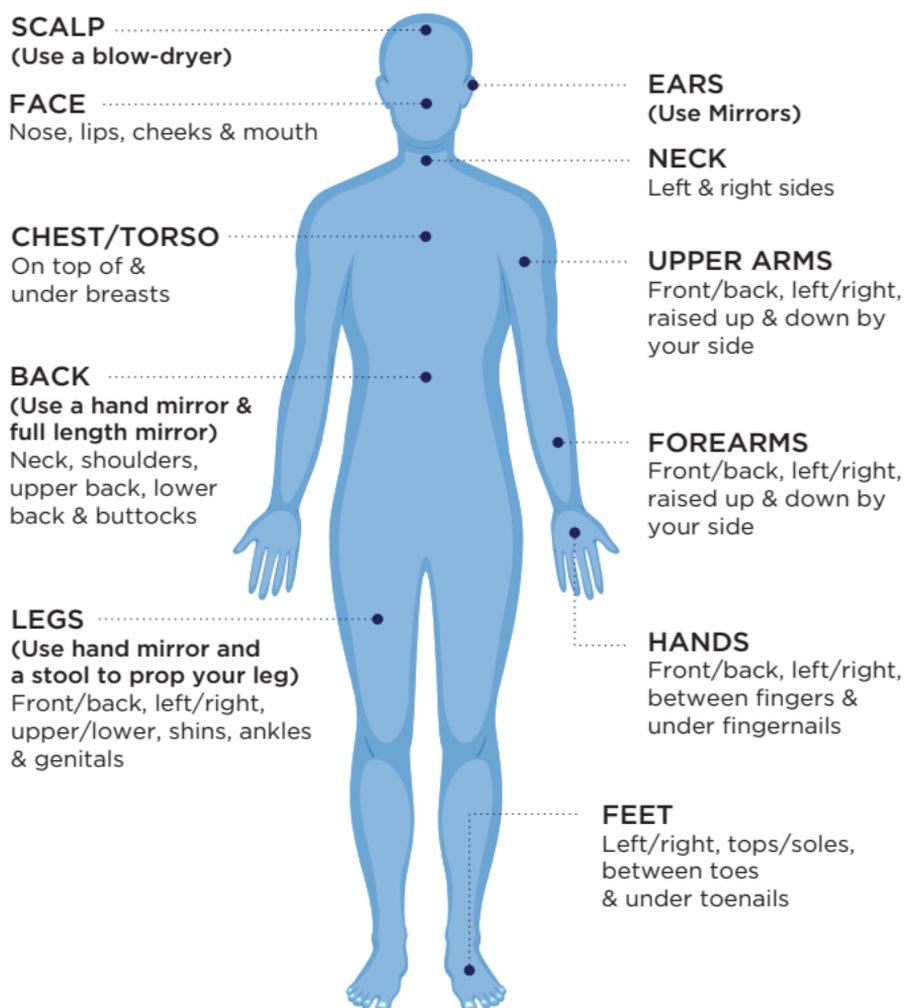
SKIN CANCER

Skin cancer can lead to major surgery and sometimes death, but if caught and treated early, it is almost always curable. Getting to know your skin and checking it regularly through a monthly self-exam, coupled with a yearly skin exam by a doctor, is the best way to detect the main types of skin cancer, which include basal cell carcinoma, squamous cell carcinoma and melanoma.

IF YOU CAN SPOT IT, YOU CAN STOP IT!

To spot skin cancer in the early stages when it can be readily treated, look for any new growth or any skin changes during your self-exam. If any are found, **please consult with your physician!**

Self-Exam Skin Check: It is important to check all the areas outlined below. Use the same systematic method monthly (i.e., from head to toe) to avoid missing anything. It is helpful to use a bright light, mirrors (small and full-length) and a blow dryer. You can also have someone help you look at the hard to see places.



MELANOMA DETECTION CHART

Most people have a number of brownish spots on their skin, such as freckles, birthmarks and moles. Almost all of these spots are normal, but some may be skin cancers. Melanoma, the deadliest form of skin cancer, is especially hard to stop once it has spread to other parts of the body. Use the “ABCDEs” of melanoma as a reminder of key warning signs. If any of these warning signs are detected, please consult with your physician.

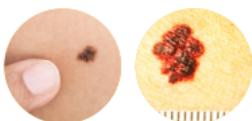
A

Asymmetry: One half of mole is different from the other.



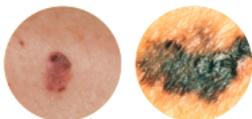
B

Border: Edges of mole are irregular – ragged, blurred or notched.



C

Color: Pigmentation of mole is varied and may be tan, brown or black. As melanomas progress, some may have the colors red, white and blue appear.



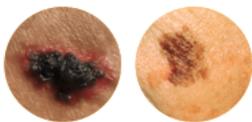
D

Diameter: Width is usually greater than six millimeters – about the size of a pencil eraser. However, some melanomas may be smaller.



E

Evolving: Any change – in size, shape, color or elevation, or any new symptom such as bleeding, itching or crusting – should be discussed with your physician immediately.




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