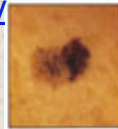


Check Your Skin

Use ABCDE to
detect early melanoma,
the most serious skin cancer

Asymmetry

One half
unlike other



Border

Irregular



Color

More than
one color



Diameter

Usually
greater than
6mm



Enlarge/change

CHANGE in size/shape/color

If you notice **ANY**
changes, contact
your physician

Check It Monthly!

1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Pick Your Day!

Ruler here



✓ **H**ead

- ✓ Scalp & Ears
- ✓ Face & Neck

✓ **E**xtremities

- ✓ Arms & Hands
- ✓ Legs & Feet

✓ **A**ll private areas

- ✓ Genitals
- ✓ Buttocks

✓ **T**orso

- ✓ Chest & Back
- ✓ Abdomen

www.checkyourskin.net

