

Skin cancer is most treatable when caught early.
At least once a month, exam your skin using a full-length and hand-held mirror:

1
Check your **scalp** by using a comb or hair dryer to part your hair.

2
Check your **face** and the front and back of your **ears** and **neck**.

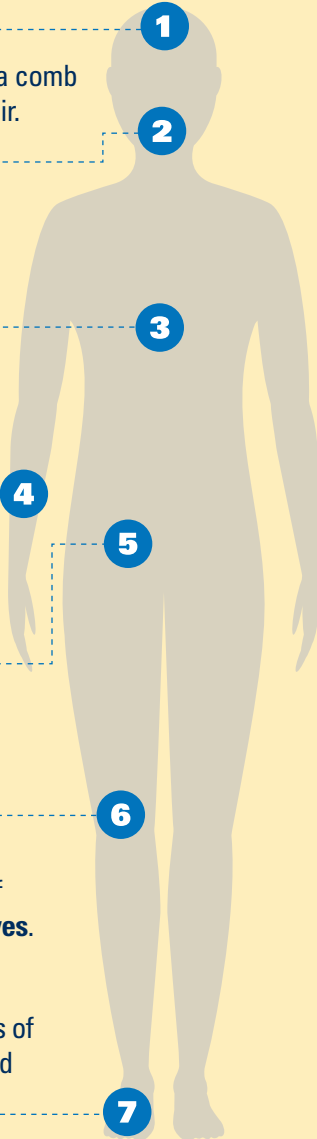
3
Check your **chest, mid-section** and, for women, under your **breasts**.

4
Check your **underarms, arms, hands, and fingernails**.

5
Check your **buttocks, genital area, and back**.

6
Check the front and back of your **thighs, shins, and calves**.

7
Check the tops and bottoms of your **feet**, between **toes**, and your **toenails**.



Use the **ABCDE rule** to help you identify the warning signs of melanoma:

A **ASYMMETRY**
One half is unlike the other half.

B **BORDER**
The edges are irregular, ragged, notched, or blurred.

C **COLOR**
Varies from one area to another; has shades of tan, brown or black, or is sometimes white, red, or blue.

D **DIAMETER**
Melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, but they can be smaller.

E **EVOLVING**
The mole is changing in size, shape, or color.

Talk to a doctor about any areas that concern you.