

SELF-EXAMINATION SCHEDULE

The Skin Cancer Foundation recommends self-examination at 3-month intervals. Ask your doctor if you should do it more often.

THE WARNING SIGNS

A skin growth that increases in size and appears pearly, translucent, tan, brown, black or multicolored.

A mole, birthmark, beauty mark, or any brown spot that:

- Changes color
- Increases in size or thickness
- Changes in texture
- Is irregular in outline
- Is bigger than 6 mm, the size of a pencil eraser

Appears after age 21

A spot or sore that continues to itch, hurt, crust, scab, erode or bleed. An open sore that does not heal within 3 weeks.



PROTECTION STOPS IT, TOO

Sunlight is responsible for over 90% of all skin cancers. You can avoid becoming a statistic if you practice these sun-protection habits:

Stay indoors or in the shade during the peak sunlight hours between 10:00 am and 3:00 pm

Use a sunscreen rated SPF 15 or higher and wear sunglasses, Broad-brimmed hats, and protective clothing whenever outdoors.

Never deliberately seek a tan, whether from the sun or from artificial sources or ultraviolet light.

SKIN CANCER:
*If you can spot it,
You can stop it.*



WHY SELF-EXAMS ARE SO IMPORTANT

Skin cancer is the most common of all cancers, afflicting more than 600,000 Americans each year, a number that is rising rapidly. It is also the easiest to cure if diagnosed and treated early. When allowed to progress, however, skin cancer can result in disfigurement and even death.



WHEN TO DO IT

Performed, regularly, self-examination can alert you to changes in your skin and aid in the early detection of skin cancer. It should be done often enough to become a habit, but not so often as to feel like a bother. For most people, an interval of 3 months is ideal, but ask your doctor if you should do more frequent checks.

You may find it helpful to have a doctor do a full-body exam first, to assure you that any existing spots, freckles, or moles are normal or to treat any that may not be. After the first few times, self-examination should take no more than 10 minutes - small investment in what could be a life-saving procedure.

WHAT TO LOOK FOR



There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and malignant melanoma. Because each has many different appearances, it is important to know the early warning signs. Look especially for change of any kind. Do not ignore a suspicious spot simply because it does not hurt. Skin cancers may be painless, but dangerous all the same.

If you notice one or more of the warning signs, see a doctor right way, preferable one who specializes in diseases of the skin.

WHO SHOULD DO IT

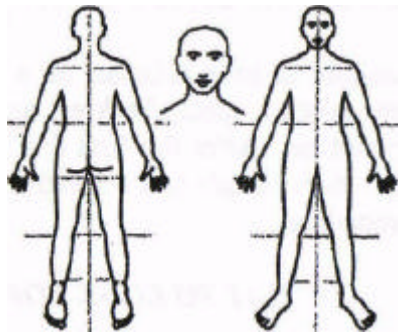
You should! And if you have children, begin teaching them how at an early age so they can do it themselves by the time they are teens. Coupled with yearly skin exams by a doctor, self-exams are the best way to ensure that you don't become a statistic in the battle against skin cancer.

HOW TO USE THE BODY MAPS

On the first exam, make a dot corresponding to the location on your skin of each freckle, mole, birthmark, bump, sore, scab, or scaly patch. Draw a line out to the margin and indicate its approximate size (use a scale) and color, and the date.

For each exam after that, find the spot on your skin, record the new date next to the old one, and note any change in size, color, or shape. Record any spots you did not see on the last examination.

BODY MAPS



Use the schedule to keep track of the dates on which you examined yourself. Indicate year, month and day.

IF YOU SPOT IT

Don't overlook it. Don't delay.

See a physician, preferably one who specializes in diseases of the skin, if you note any change in an existing mole, freckle, or spot or if you find a new one with any of the warning signs of skin cancer.

STEP-M-STEP SELF-EXAMINATION

You will need:

- »• a bright light
- > a full-length mirror
- *J* a hand mirror
- ! 2 chairs or stools
- »J« a blow dryer
- * body maps
- <> a pencil



L.Examine your face, especially the nose, lips, mouth, and ears-front and back. Use one or both mirrors to get a clear view.



^Thoroughly inspect your scalp, using a blow dryer and mirror to expose each section to view. Get a friend or if you can.

3. Check your hands carefully: palms and backs, between the fingers and under the fingernails. Continue up the wrists to examine both front and back of your forearms.



S. Next focus on the neck,

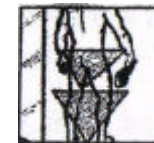


4. Standing in front of the full-length mirror, begin at the elbows and scan all sides of your upper arms. Don't forget the underarms.



chest, and torso. Women should lift breasts to view the underside.

6. With your back to the full-length mirror, use the hand mirror to inspect the back of your neck, shoulders, upper back, and any part of the back of your upper arms you could not view in step 4.



T. Still using both mirrors, scan your lower back, buttocks, and backs of both legs.



S. Sit down; prop each leg in turn on the other stool or chair. Use the hand mirror to examine the genitals. Check front and sides of both legs, thigh to shin; ankles, tops of feet, between toes and under toenails. Examine soles of feet and heels.