





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
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



- ✓ **Head**
 - ✓ Scalp & Ears
 - ✓ Face & Neck
- ✓ **Extremities**
 - ✓ Arms & Hands
 - ✓ Legs & Feet
- ✓ **All private areas**
 - ✓ Genitals
 - ✓ Buttocks
- ✓ **Torso**
 - ✓ Chest & Back
 - ✓ Abdomen

www.checkyourskin.net