

CheckYourSkin

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

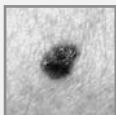
Asymmetry

One half unlike other



Border

Irregular



Color

More than one color



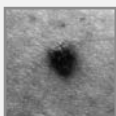
Diameter

Usually greater than 6mm



Enlargement & Other Changes

CHANGE in size/shape/color



HEAT Protection

To help you remember, don't forget to protect yourself from the **HEAT**



Head

- Scalp & Ears
- Face & Neck

Extrемities

- Arms & Hands
- Legs & Feet

All private areas

- Genitals
- Buttocks

Torso

- Chest & Back
- Abdomen

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!



CheckYourSkin.net™