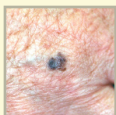


CheckYourSkin

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

Extremities

- 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™