

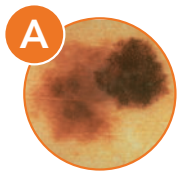
✓ **Check Your Partner.**

✓ **Check Yourself.**

When detected early, skin cancer is highly treatable.

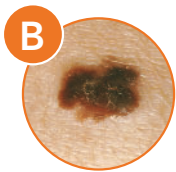
### The ABCDEs of Melanoma

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:



#### Asymmetry

One half of the spot is unlike the other half.



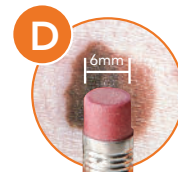
#### Border

The spot has an irregular, scalloped, or poorly defined border.



#### Color

The spot has varying colors from one area to the next, such as shades of tan, brown or black, or areas of white, red, or blue.



#### Diameter

While melanomas are usually greater than 6 millimeters, or about the size of a pencil eraser, when diagnosed, they can be smaller.



#### Evolving

The spot looks different from the rest or is changing in size, shape, or color.

Example:

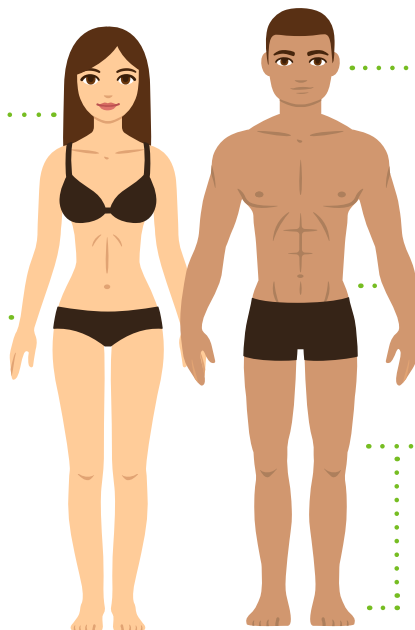


**If you notice a new spot or an existing spot that changes, itches, or bleeds, make an appointment to see a board-certified dermatologist.**

### Detect skin cancer early by following dermatologists' tips for checking your partner's skin:

1 Examine your partner's body front and back, then look at the right and left sides with their arms raised.

2 Bend elbows and look carefully at forearms, underarms, and palms.



3 Examine the back of their neck and scalp. Part hair for a closer look.

4 Check their back and buttocks.

5 Finally, look at the backs of their legs and feet, the spaces between their toes, and the soles of their feet.



The **back** is the most common location for melanoma.



Nearly **20 Americans** die from melanoma every day.



Women are **9x** more likely than men to notice a melanoma on another person's skin.

To learn more about skin cancer detection and prevention or to find a free SPOT me® skin cancer screening, visit [SpotSkinCancer.org](https://www.spotskincancer.org).