

IS YOUR SKIN LOOKING GOOD?



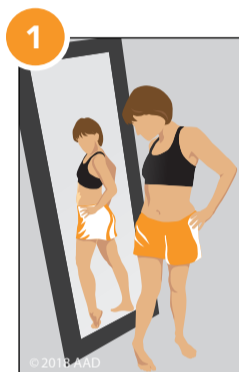
WHEN DETECTED EARLY, SKIN CANCER IS HIGHLY TREATABLE.

The **American Academy of Dermatology** recommends that everyone **check their skin regularly** for any new or suspicious spots.

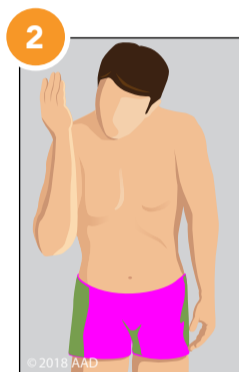


SKIN CANCER SELF-EXAMINATION

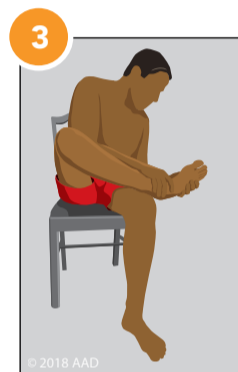
You can detect skin cancer early by following dermatologists' tips for checking your skin:



Examine body front and back in mirror, especially legs.



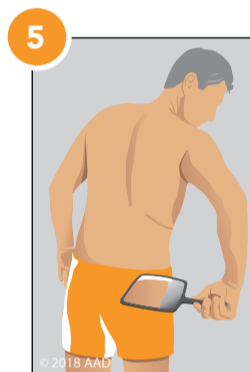
Bend elbows, look carefully at forearms, back of upper arms, and palms.



Look at feet, spaces between toes and soles.

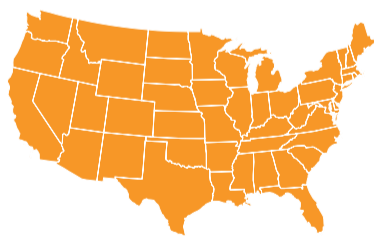


Examine back of neck and scalp with a hand mirror. Part hair and lift.



Finally, check back and buttocks with a hand mirror.

If you notice any irregular spots on your skin, or anything changing, itching or bleeding, see a board-certified dermatologist.



Skin cancer is the **most common cancer** in the United States.

Current estimates are that **1 in 5** Americans will develop skin cancer in their lifetime.



On average, **one** American dies from melanoma **every hour**.



To find a free SPOT me[®] skin cancer screening or a board-certified dermatologist, visit [SpotSkinCancer.org](https://www.spotcancer.org).