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,



I ook at feet, spaces between toes and soles



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



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 SPOTme® skin cancer screening or a board-certified dermatologist, visit SpotSkinCancer.org.

#LookingGoodin2016

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