

UPMC Pinnacle

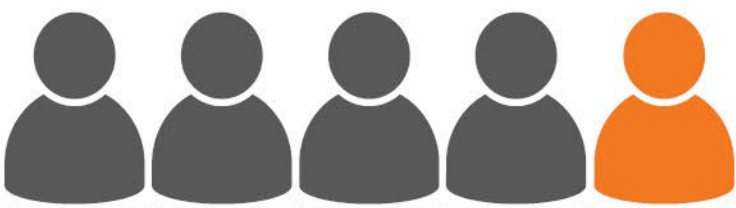
HOW TO **SPOT** SKIN CANCER

Use this information to check your skin regularly.

WHEN CAUGHT **EARLY**, SKIN CANCER IS HIGHLY TREATABLE

1 IN **5**

Americans will develop skin cancer in their lifetime.



ANYONE

CAN GET SKIN CANCER, REGARDLESS OF SKIN COLOR

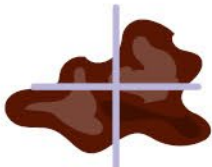
THE ABCDEs OF MELANOMA

What to look for:

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:

A

Asymmetry
One half is unlike the other half



B

Border
Irregular, scalloped, or poorly defined border



C

Color
Varied from one area to another; shades of tan and brown, black; sometimes white, red, or blue

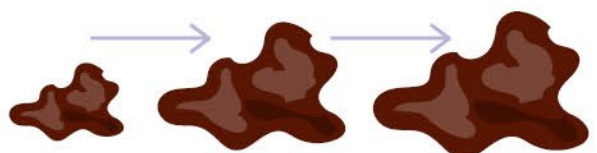


D

Diameter
While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller



E

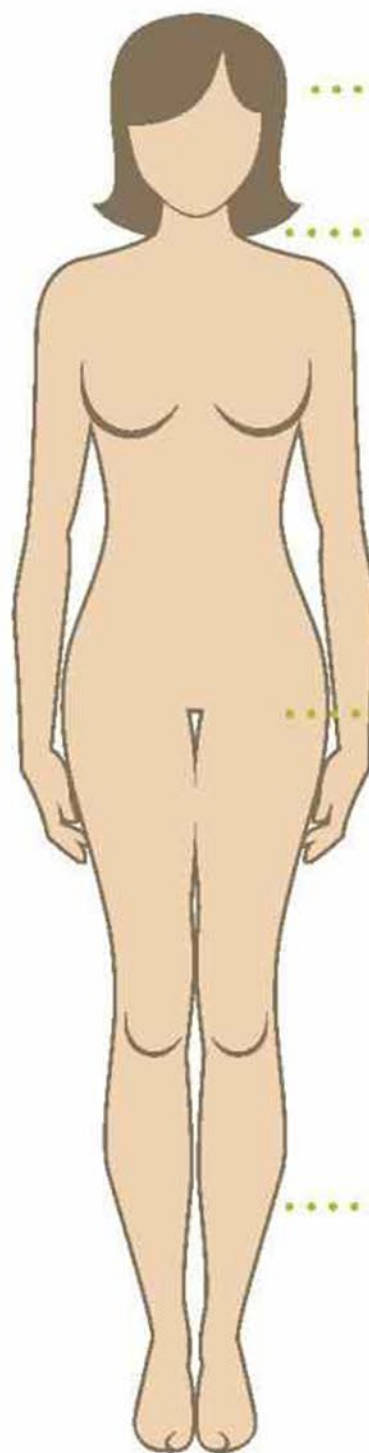


Evolution
A mole or skin lesion that looks different from the rest or is changing in size, shape, or color

SKIN CANCER SELF-EXAMINATION

How to Check Your Spots:

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your skin. Ask someone for help when checking your skin, especially in hard to see places.



1

Examine body front and back in mirror, then right and left sides, arms raised.

2

Examine back of neck and scalp with a hand mirror. Part hair for a closer look at your scalp.

3

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

4

Check back, buttocks, and thighs with a hand mirror

5

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

If you find any spots on your skin that suddenly appear, are different from others or are changing, itching, or bleeding, make an appointment to see a board-certified dermatologist today.