

IS YOUR SKIN LOOKING GOOD?



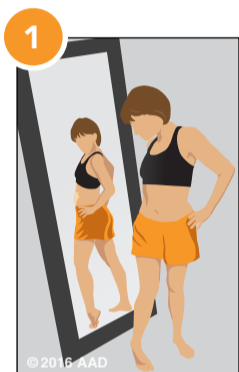
WHEN DETECTED EARLY, SKIN CANCER IS HIGHLY TREATABLE.

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

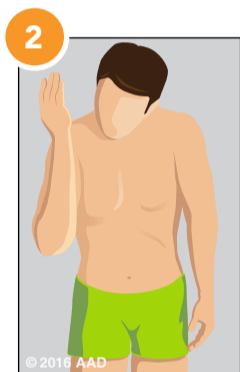


SKIN CANCER SELF-EXAMINATION

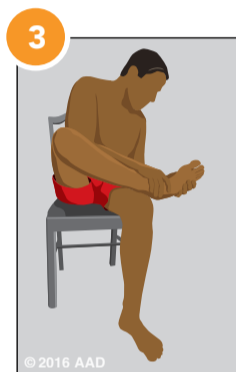
You can detect skin cancer early by following dermatologists' tips for checking your skin:



1 Examine body front and back in mirror, especially legs.



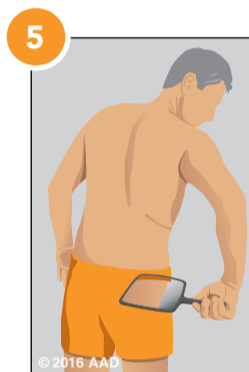
2 Bend elbows, look carefully at forearms, back of upper arms, and palms.



3 Look at feet, spaces between toes and soles.

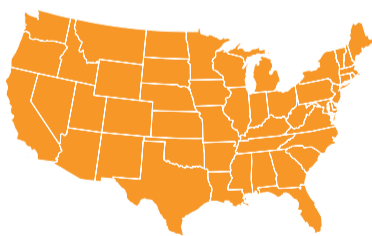


4 Examine back of neck and scalp with a hand mirror. Part hair and lift.



5 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