

SKIN CHECK GUIDE



The
**Global
Melanoma
Coalition**

MSCAN

MELANOMA & SKIN CANCER
ADVOCACY NETWORK

Melanoma is the most deadly form of skin cancer. It can affect anybody – you don't need to have spent a life in the sun – and sadly cases are on the increase.

But there's good news. Melanoma can be treated if it's caught early, and because it's on your skin, you can spot it as soon as the signs appear. It takes just 10 minutes to check your skin. This guide teaches you how to do it.



3 SIMPLE RULES TO PROTECT YOURSELF FROM MELANOMA:



1.
**Remember
your ABCDE**



2.
**Check your
whole body**



3.
**Do it once
a month**

WHAT TO LOOK FOR

The **ABCDE**
melanoma warning signs

A



Is the spot asymmetrical?
Is one half unlike the other?

B



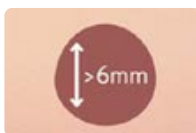
Does it have uneven borders?
Are some of the edges irregular
or poorly-defined?

C



Does it contain different colours?
Is there an uneven distribution?

D



Is it larger than 6mm in diameter
(about the width of a pencil)?

E



Has there been an evolution
in size, shape or colour?

HOW TO LOOK

Conducting a skin self-exam



1 Examine your scalp, using a comb to part your hair. If you don't have much hair, make sure you check your entire scalp thoroughly.



2 Carefully check your face, including your nose, lips, mouth and ears. Don't forget behind and on top of your ears.



3 Now focus on your neck, chest and upper body. If you have breasts, be sure to check between and underneath them.



4 Use a hand mirror to check the back of your neck – and your back – from top to bottom.



5 Time for the arms. Check your upper and lower arms, not forgetting your armpits.



6 Check the front and back of your hands, and in between your fingers.



7 Lastly, examine your lower body. Check your genitals, buttocks and your legs – both the front and back. Finish by checking your feet and toes.



Want to see how it's done?

Watch our step-by-step skin check video on Youtube.

Watch the video

IF YOU FIND SOMETHING SUSPICIOUS...

Talk to your doctor as quickly as you can.

Remember, the earlier you catch melanoma, the more likely it can be treated. So act fast if you see something that doesn't look right, and keep up your monthly skin check habit.



Skin
check

Get help with your skin check

Your Amazon Alexa or Google Assistant device can now help by giving you your monthly skin check reminder, and talking you through the process.

For Alexa, search 'Skin Check' in your Amazon account, then simply say: "Alexa, open Skin Check".

For Google, simply say "Hey Google, talk to Skin Check".

Brought to you by:

MSCAN
MELANOMA & SKIN CANCER
ADVOCACY NETWORK

The
**Global
Melanoma
Coalition**