

S C A N

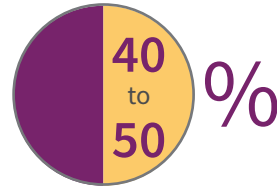
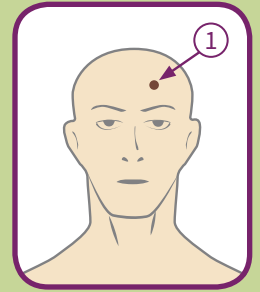
Non-Melanoma Skin Cancer

B O D Y M A P

More than **3.5 million** cases of basal & squamous cell skin cancer are diagnosed in the U.S. **each year**

The first line of **defense** against skin cancer is **Y O U**

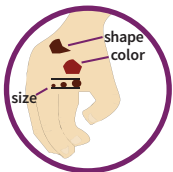
See
Check
Account
Note



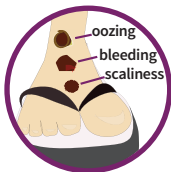
of Americans who live to age 65 will have either BCC or SCC **at least once**

S See your spots

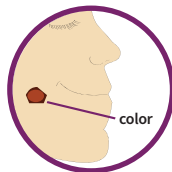
Be thorough. Record symptoms and tell your doctor.



Any change, especially in the color, shape or size of a spot or a new growth.



Scaliness, oozing, bleeding, or a change in appearance.



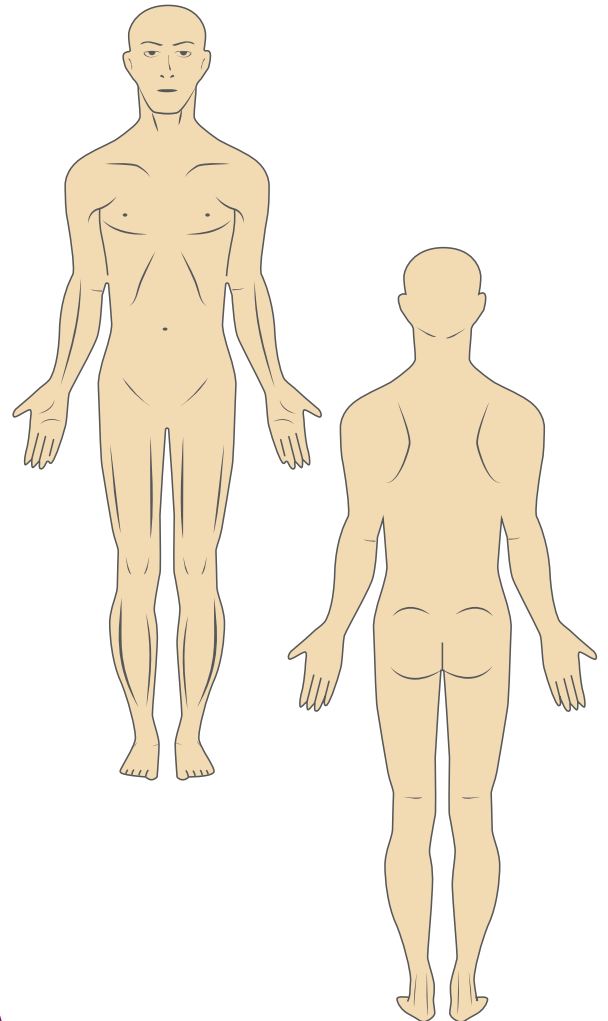
Spread of pigmentation, such as dark coloring that spreads past the edge of a spot.



Change in sensation, such as itchiness, tenderness, or pain.

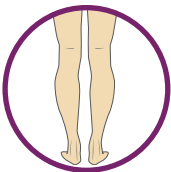
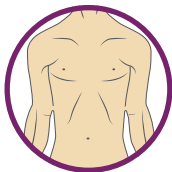
A Account for every inch

Map and number each spot.



C Check your skin

The Skin Cancer Foundation recommends monthly self-examinations. Talk to your doctor about the right frequency for you.



1. Examine your face, especially the nose, lips, mouth and ears.
2. Inspect your scalp, parting your hair to expose each section.
3. Check your hands including palms and backs, between the fingers and under the fingernails. Continue up the wrists to examine both the front and back of your forearms.
4. Standing in front of mirror, begin at the elbows and scan all sides of your upper arms. Don't forget the underarms.
5. Next, focus on the neck, chest and torso.
6. With your back to the mirror, use a hand mirror to inspect the back of your neck, shoulders, upper back and the back of your upper arms.
7. Still using both mirrors, scan your lower back, buttocks and backs of both legs.
8. Use a hand mirror to examine the genitals. Check front and sides of both legs, thigh to shin, ankles, tops of feet, between toes and under toenails. Examine soles of feet and heels.

If you can **spot** it, you can **stop** it.

