



Finding Melanomas

Your Guide to Self Skin Cancer Screening

Melanomas are a type of skin cancer - most often caused by sun damage - that can spread to different parts of the body (metastasize). **Melanomas can be fatal.**



**Early
detection
is key**

99%

of patients whose
melanoma is caught
before it spreads will
survive at least 5 years.

25%

of patients whose
melanoma is caught after
it spreads will survive at
least 5 years.

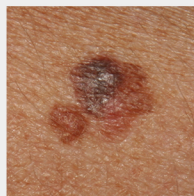
Examine your skin for warning signs

Look for something
different:

A **new** (especially if you are 55 or older) or **changing** mole

One part of the mole is growing differently than the rest (look for **difference in color, shape, size**)

A mole **different from your other moles**, often referred to as “ugly ducklings”



Tips for self skin cancer screening

- Check your skin at least **once a month**
- Use a **mirror or a partner** to help you look in hard to see areas such as your scalp, back, genitals, soles of your feet.
- Take **photos** of moles you want to track. If you have an iPhone, you can download the MoleMapper app (www.molemapper.org)
- **Know your risk.** Certain genetic, health and behavioral traits have been proven to elevate the risks of getting a melanoma.
- If you **find something** that seems concerning, **do something** about it! Talk to your PCP, explore options for an in-person or virtual visit with a dermatologist.

Learn more about melanoma early detection, take the risk assessment quiz:

www.startseeingmelanoma.com