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. |

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### 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.

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Learn more about melanoma early detection, take the risk assessment quiz: www.startseeingmelanoma.com