Did you know?

The majority of skin cancers are first detected by the individual or a partner, not a doctor.

While performing a self exam, it can be hard to see everywhere. Use the tips below to assure a thorough exam!

**Find out your risk today!**

Research has proven that some people are at an elevated melanoma risk due to genetic, health and behavioral factors. Understanding your risk level is an important tool to staying safe!

**Take the quiz, and find more learning resources at:**

[startseeingmelanoma.com](http://startseeingmelanoma.com)

**Know your risk**

**Find Melanomas**

Your guide to self skin cancer screening

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**References:**


Understanding melanoma

Melanomas are a type of skin cancer caused by sun, tanning, or other damage that can spread to different parts of the body (metastasize). Melanomas can be fatal.¹

Melanoma cases are on the rise²

Early detection is key!

Early detection of melanoma is better.¹,²

Melanoma can have many different appearances

Just because a mole is different, does not mean it is melanoma -- but you should talk to your provider if you see any warning signs. Here are a couple examples of how melanoma may look:

Examine your skin for warning signs

You should examine your skin at least every month for melanoma 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”

Risk factors

Some things can increase your risk of getting a melanoma, including¹:

- Previous severe sunburns
- Previous use of tanning beds
- Multiple (>50) skin moles
- Personal history of skin cancer
- Family history of skin cancer
- Light complexion (skin, hair, eyes)

Citation: Mole images: ‘SkinCancer909: a textbook of skin cancer for medical students’ by Jonathan Rees. www.skincancer909.com

Understanding melanoma

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