

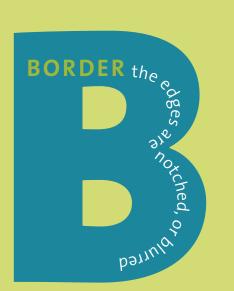
HOW to SKIN CANCER

FOLLOW THESE GUIDELINES TO EXAMINE YOUR MOLES OR NEW GROWTHS



• Any of your growths that look scaly, bleed, itch, ooze,

the sides of the mole don't match



or are painful

bot

- A sore that does not heal
- New swelling or redness beyond the border of a mole

## **DO SKIN SELF-CHECKUPS**

**2X** A YEAR...

it is the best way to find new marks or skin changes



## HOW TO CHECK YOUR SKIN

Do checkups in front of a full-length mirror. Check all parts of your body, from head to toe.

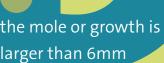


## TAKE CLOSE UP PHOTOS OF YOUR SKIN

If you have a lot of moles, take digital photos of them each month. These can help you see if any moles change over time.

IF YOU SEE ANY CHANGES IN YOUR SKIN, CALL YOUR DOCTOR RIGHT AWAY.







For more information to help you and your family live well and stay well, visit WellWiseWoman.com.

SOURCES: Recognizing Skin Cancer, Staywell Krames, 1/20/2015. Cancer Facts and Figures 2017. American Cancer Society.

