

Melanoma is the **deadliest** form of skin cancer. Check your skin to catch melanoma early.



GET NAKED.

It may save your life.
#getnaked



MELANOMA
RESEARCH
FOUNDATION

melanoma.org/getnaked

GUIDE TO SELF-SCREENING

CATCHING MELANOMA EARLY MIGHT SAVE YOUR LIFE.

GET NAKED AND CHECK YOUR SKIN.

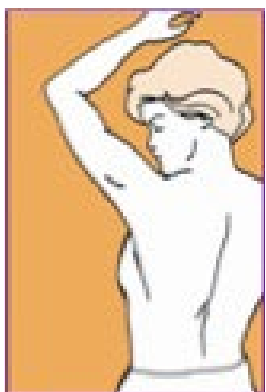
What you'll need:

- A bright light
- A full-length mirror
- A hand mirror
- Two chairs or stools
- A blow dryer

Research shows catching melanoma in its earliest stages is one of the most important factors in improving the outcome of a melanoma diagnosis. In its early stages, melanoma can often be treated with simple surgery. In its later stages, when it spreads to other body organs, melanoma can be deadly. Increase your chances of catching melanoma early by carefully examining your skin once a month and visiting a dermatologist once a year.



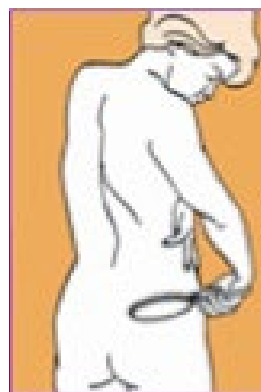
Examine head and face, using one or both mirrors. Use blow dryer to inspect scalp.



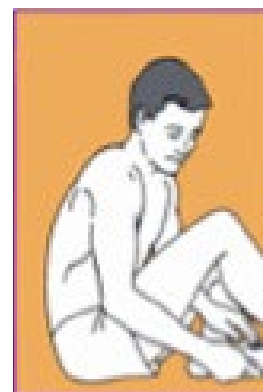
Focus on neck, chest and torso. Women: check under breasts.



Check hands, including nails. In full-length mirror, examine elbows, arms and under-arms.



Use mirror to inspect back of neck, shoulders, upper arms, back, buttocks and legs.



Check legs and feet, including soles, heels and nails. Use hand mirror to examine genitals.