

Guide to Self-Screening

Research shows that patients are more likely than doctors to spot a melanoma



Early detection of melanoma is essential to improve the prognosis

In its early stages, melanoma can be successfully removed and monitored by regular skin screenings. In fact, survival rates can exceed 90 percent to 95 percent in early stage melanoma. However, in its most advanced stages, melanoma can be deadly. Survival rates drop to less than 20 percent when melanoma has spread to other organs. Increase your chances of catching melanoma early by carefully examining your skin once a month.

What you'll need: a bright light, a full-length mirror, a hand mirror, two chairs or stools and a blow-dryer



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



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



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



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.

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