



Wheaton Franciscan Healthy Connections™

## SKIN CANCER

### Hey, look me over

**Take a few minutes every month to examine your skin from head to toe.** This way you'll notice a new or changing patch of skin, or any changes in a mole. Melanoma, the most deadly form of skin cancer, is more curable when found early.

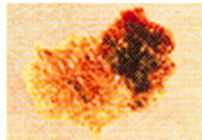
Look under your arms, at the soles of your feet, between your toes, and (using a hand-held mirror) examine your back, buttocks, and the backs of our legs. And don't forget the back of your neck and your scalp. Part your hair for a closer look, and check for any unusual bumps, sores that don't heal, or other changes.

*Source: American Academy of Dermatology*

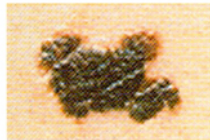
#### The ABCDs of Melanoma

A changing mole is the most important warning sign that a melanoma could be developing. The American Academy of Dermatology suggests that you consult a dermatologist immediately if any of your moles or pigmented spots exhibit:

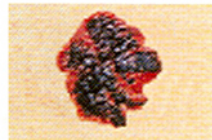
- **A**symmetry; one half unlike the other half
- **B**order irregularity; scalloped or poorly circumscribed border
- **C**olor: variations from one area to another; shades of tan and brown; black, white, red or even blue colors; and,
- **D**iameter: larger than 6mm (the size of a pencil eraser).



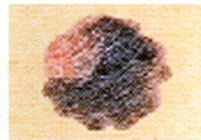
**A** (ASYMMETRY)



**B** (BORDER IRREGULARITY)



**C** (COLOR)



**D** (DIAMETER)

**If any unusual moles or spots are present, call the Racine County & City Health Center at 687-8640 to schedule an appointment.**