












90 % of skin cancers are curable if detected in time.*

HAVE A LOOK AT YOUR BEAUTY SPOTS, IT'S AS EASY AS **ABCDE**

| BEAUTY SPOTS |  | MELANOMAS |
|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| Fairly round & symmetrical  | A symmetry |  Asymmetrical |
| Regular & geometric  | B orders |  Irregular & ragged |
| One color  | C olor |  Uneven: from light brown to black |
| Small size (< 6mm)  | D iameter |  Large size (< 6mm) |
| Changes in...  | E volution |  ... size, color or sickness |

Using a mirror, carry out a quick self-check** following the criteria of the ABCDE method.



Using mirrors, examine your face, not forgetting the ears. Use a hairdryer to inspect your scalp.



Examine the palm and back of the hands, not forgetting the nails. Use a mirror to inspect your elbows, underarms and arms.



Neck, chest (thoroughly examining under the breasts in women) and abdomen.



Looking in the mirror, use a hand mirror to examine the back of your neck, shoulders, back, buttocks, the back of your thighs and forearms and the back of your ears.



Sitting down, use a mirror to examine the front of your thighs and legs, the back and sole of the feet, not forgetting the nails and the genital region.



* www.euromelanoma.org/intl/node/25 - Epidemiological fact sheet.
** Method recommended by "The Skin Cancer Foundation".