Skin cancer is most treatable when caught early. At least once a month, exam your skin using a full-length and hand-held mirror:

1. Check your **scalp** by using a comb or hair dryer to part your hair.
2. Check your **face** and the front and back of your **ears** and **neck**.
3. Check your **chest, mid-section** and, for women, under your **breasts**.
4. Check your **underarms, arms, hands, and fingernails**.
5. Check your **buttocks, genital area, and back**.
6. Check the front and back of your **thighs, shins, and calves**.
7. Check the tops and bottoms of your **feet, between toes, and your toenails**.

Use the **ABCDE rule** to help you identify the warning signs of melanoma:

**ASYMMETRY**
One half is unlike the other half.

**BORDER**
The edges are irregular, ragged, notched, or blurred.

**COLOR**
Varies from one area to another; has shades of tan, brown or black, or is sometimes white, red, or blue.

**DIAMETER**
Melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, but they can be smaller.

**Evolving**
The mole is changing in size, shape, or color.

Talk to a doctor about any areas that concern you.

mhealthy.umich.edu/checkyourskin

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