

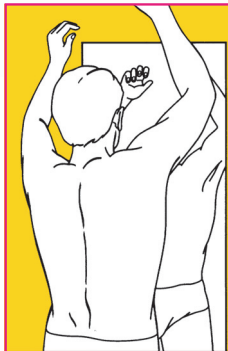


SELF EXAMINATION

Skin Check

HAVE YOU CHECKED YOUR **SKIN** LATELY?
5 EASY STEPS TO EXAMINE YOURSELF:

STEP 1



Examine body front and back in mirror, then right and left sides, arms raised.

STEP 2



Bend your elbows. Look carefully at forearms, back of upper arms, and palms.

STEP 3



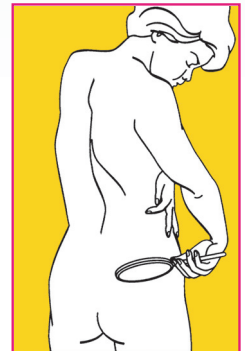
Next, look at the back of your legs and feet and spaces between your toes and soles.

STEP 4



Examine the back of your neck and scalp with a hand mirror.

STEP 5



Finally, check your back, buttocks and genital area with a hand mirror.



M E L A N O M A A W A R E N E S S A N D E D U C A T I O N

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