

Check YOURSELF Out!

Examine any moles and spots on your skin regularly.



disrobe fully



check everywhere you can see



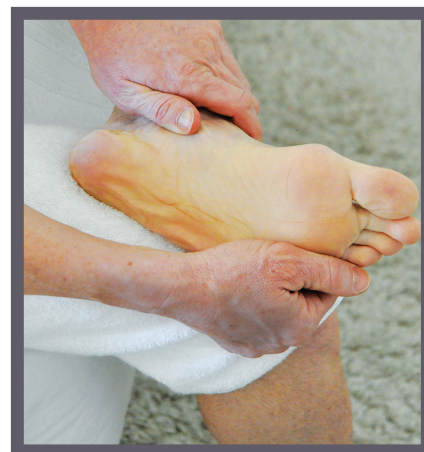
don't forget your scalp



...and your back



...and the back of your legs



...and the soles of your feet

Tell your doctor about things that have changed in size, shape, color, or texture.

