

**THIS IS YOUR SIGN.  
CHECK YOUR SKIN.**

- Skin cancer is the most common cancer worldwide.
- When identified and treated early, skin cancers are highly curable.
- Checking your skin from head to toe every month is a simple and potentially life-saving way to spot any changes and recognize warning signs of skin cancer.
- Make sure to examine all parts of your body, including face, scalp, hands, arms, torso, back, legs, and feet.
- Be on the lookout for the **ABCDEs**—moles/spots that are **asymmetrical**, have uneven **borders**, have multiple **colors**, are large in **diameter** or **darker** than other moles on your body, or are **evolving**.
- If you see something **new**, **changing**, or **unusual**, contact your dermatologist or healthcare provider right away!