NATIONAL MELANOMAHUNT

Finder's Guide

An estimated 14,944 melanomas were missed in the United States



of professional skin checks were missed during the COVID-19 pandemic*



of potentially deadly melanomas are estimated to have gone undiagnosed*



Join the National Melanoma Hunt to find them!

skin checks a new habit for your new normal This guide shows you how to:

And make monthly

Recognize the warning signs of melanoma skin cancer

Conduct a full-body skin self-exam *Global survey of 734 dermatologists

Access our skin check tools

Share this guide with loved ones

during the pandemic THE "ABCDE" MELANOMA WARNING SIGNS

What to look for:





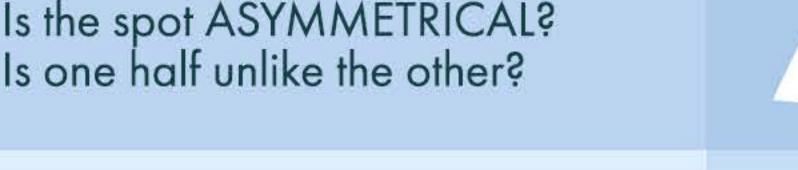
Does it have uneven BORDERS?

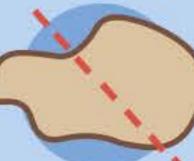
and poorly defined?

Is it wider than the width

in size, shape or colour?

Are some of the edges irregular





Does it contain different COLORS? Is there an uneven distribution?

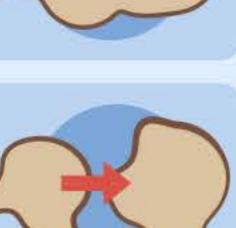




of a pencil eraser? Has there been an EVOLUTION

Is it larger than 6mm in DIAMETER?





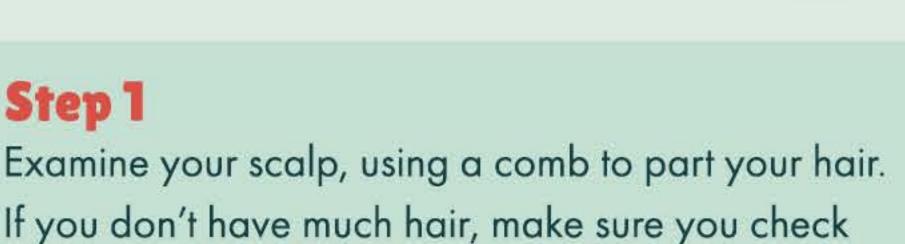
CONDUCTING A SKIN SELF-EXAM





How to look for it:

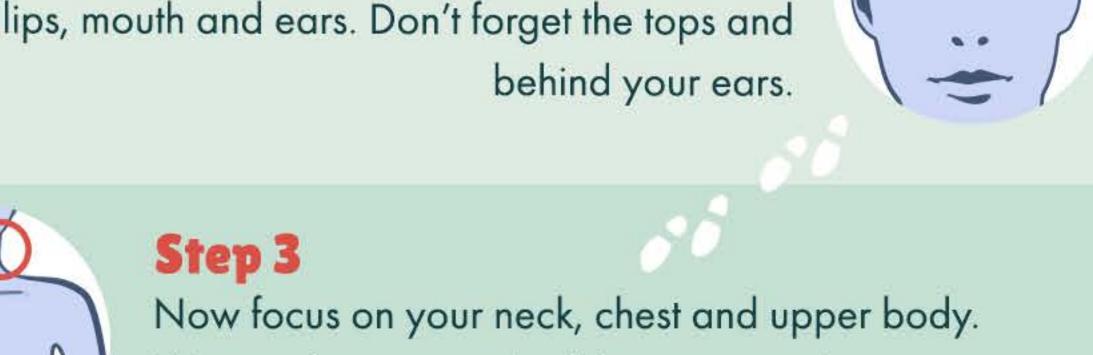
Step 1 Examine your scalp, using a comb to part your hair.





your entire scalp very thoroughly.

Step 2 Carefully check your face, including your nose,





Step 3

Use a hand mirror to check the back of your neck - and your back - from top to bottom.

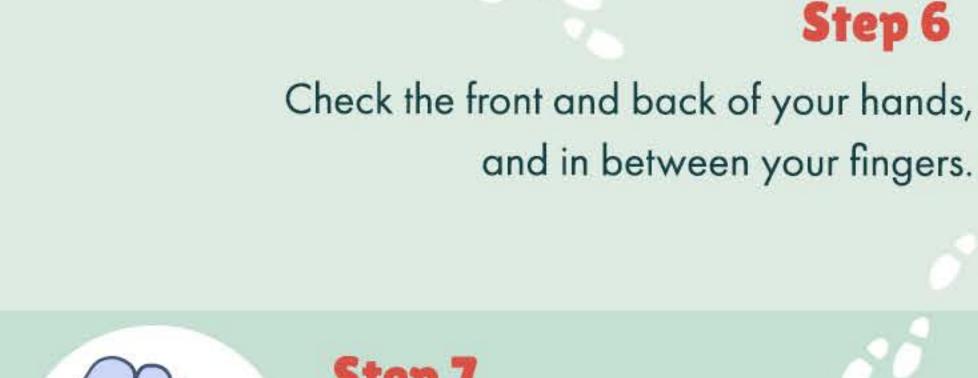
Time for the arms. Check your upper and lower arms,

Step 4

Women, be sure to check between and

underneath your breasts.





Step 6

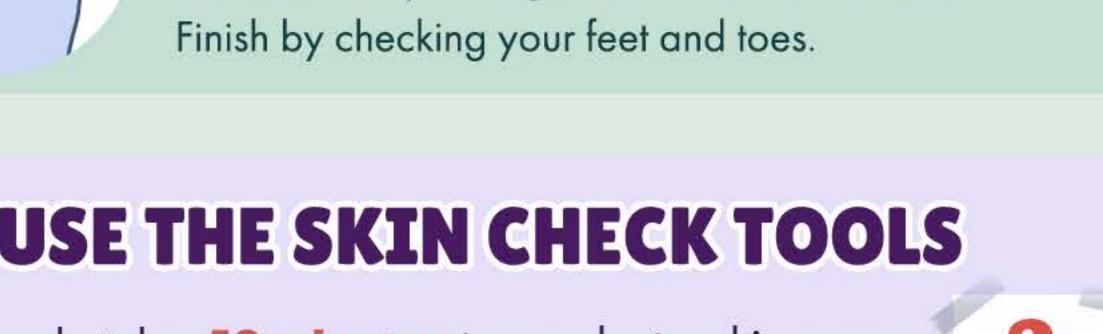
not forgetting your armpits.

Step 7

buttocks and your legs - both the front and back.

Lastly, examine your lower body. Check your genitals,

and in between your fingers.





that could save your life

Skin check video Step by step, you'll be guided through your skin check. Just hit play



on your computer, then simply say: "Alexa, open Skin Check"

For Google, simply say: "Hey Google, talk to Skin Check" Please make checking your skin a regular, monthly habit.

and follow the friendly instructions.

Video linked in bio

Skin check voice app

Time for your skin self-exam?

Amazon's Alexa and Google's

Assistant can now help.

in your Amazon account

For Alexa, search 'Skin Check'

Help make the National Melanoma Hunt go vira - in a good way

Finder's Guide to at least six people you know and love Someone who... Someone who...

To find the missing melanoma, please send this

SHARE THE GUIDE, SPREAD THE WORD



Someone who... has used sunbeds

Someone who...

does outdoor sports

loves to sunbathe



Someone who...

has melanoma in the family

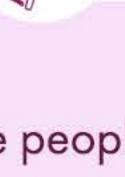
loves gardening

Someone who...

works outdoors

If you care, share. And encourage people to do the same.

Brought to you by:



GLOBAL COALITION FOR MELANOMA PATIENT ADVOCACY