

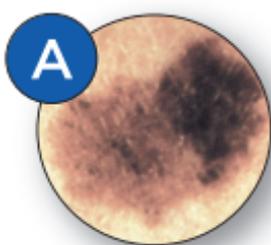
THE REFLECT

A MELANOMA INITIATIVE

The Spa MUSC Health
at Charleston Place

The ABCDEs of Melanoma

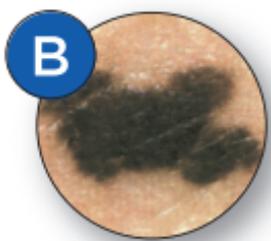
Skin cancer can develop anywhere on the skin. Ask someone for help when checking your skin, especially in hard to see places. If you notice a mole different from others, or that changes, enlarges, itches or bleeds (even if it is small), you should see a dermatologist.



ASYMMETRY

One half unlike the other half.

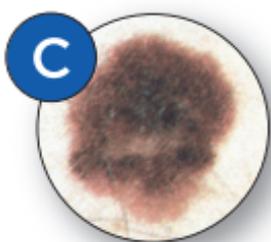
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BORDER

Irregular, scalloped or poorly defined border.

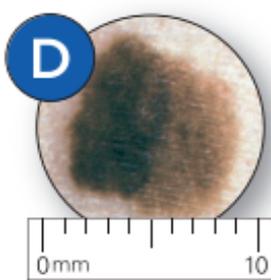
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COLOR

Varied from one area to another, shades of tan and brown, black; sometimes white, red or blue.

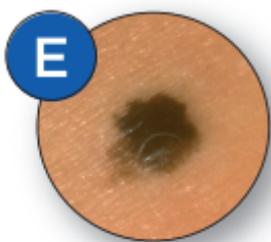
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DIAMETER

While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.

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EVOLVING

A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

Example:



The Spa at Charleston Place



CharlestonPLSpa

The Spa at Charleston Place
843.937.8522

CharlestonPlaceSpa.com/Reflect

I WILL REFLECT

A MELANOMA INITIATIVE

I will reflect on protecting my skin from the sun whenever my bracelet changes color.

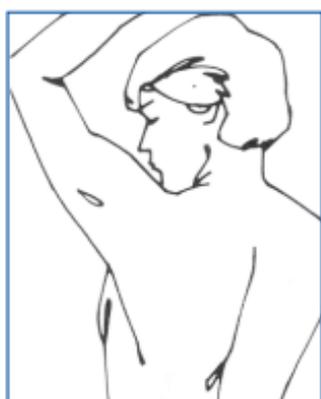
SKIN CANCER SELF-EXAMINATION

How to check your spots:

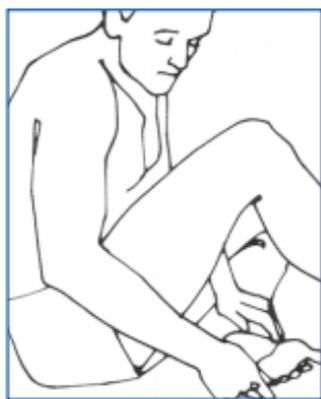
Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Remember, some moles are black, red or even blue. If you see any kind of change on one of your spots, you should have a dermatologist check it out.



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



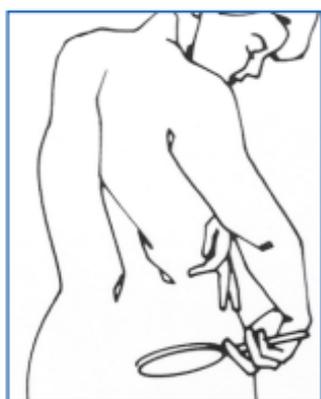
- 2 Bend elbows, look carefully at forearms, back of upper arms and palms.



- 3 Look at backs of legs and feet, spaces between toes and soles.



- 4 Examine back of neck and scalp with hand mirror. Part hair and lift.



- 5 Finally, check back and buttocks with a hand mirror.