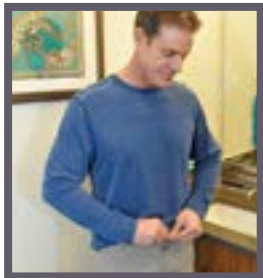


Check your skin for sun damage.

It's as easy as 1, 2.

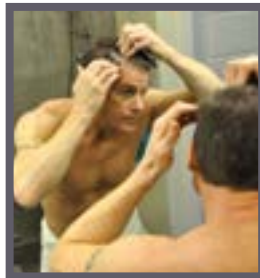
#1 Look everywhere once a month.



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

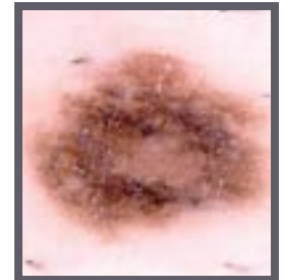
#2 Check for changing moles or spots.



basal cell cancer



squamous cell cancer



melanoma



basal cell cancer



squamous cell cancer



melanoma

Well, there **is** a **#3**

See your doctor with any concerns.

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