Check YOURSELF Out!

Examine any moles and spots on your skin every year on your birthday.

- 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.

Funding for this project was provided by the National Cancer Institute, Grant #CA210259.