

SKIN SELF EXAMINATION

Journal



SSE

12 MONTH SSE JOURNAL

The five year survival rate for people whose melanoma is detected and treated before it spreads is almost 100 percent.

AS | DS
American Society for
Dermatologic Surgery



About Skin Cancer

Both basal cell carcinoma and squamous cell carcinoma have a better than 95 percent five-year survival rate if detected and treated early.

One American dies of melanoma almost every hour.

The five-year survival rate for melanoma detected at all stages increased from 82 percent between 1975 and 1977 to 92 percent between 1996 and 2002.

More than 75 percent of skin cancer deaths are from melanoma.

The five year survival rate for people whose melanoma is detected and treated before it spreads is 99 percent.

Skin Self Examination Journal

More than one million skin cancers are diagnosed in the United States every year. An equal opportunity cancer, skin cancer can affect people of any race, sex or age. In fact, melanoma, the deadliest form of skin cancer, is the second most common cancer in women aged 20 to 29.

The good news is that when detected early, skin cancer has an almost 100 percent five-year survival rate. Research shows that most skin cancers are found by an individual. When people regularly check their skin for suspicious moles or lesions, they can literally save their own lives.

That's why the American Society for Dermatologic Surgery has created the Skin Self Examination (SSE) kit. This kit includes instructions on how to perform an SSE and a journal to record your monthly skin self exams. These tools give you what you need to become a partner with your dermatologic surgeon in maintaining the health of your skin.

About the American Society for Dermatologic Surgery

With more than 4,700 members, ASDS, founded in 1970, is the largest specialty organization in the world exclusively representing dermatologic surgeons, board-certified physicians who are specifically trained to treat the health, function and appearance of the skin and soft tissue, with both medically necessary and cosmetic procedures, using both surgical and non-surgical methods. A listing of ASDS members can be found at www.asds.net.

What Is a Dermatologic Surgeon?

Dermatologic surgeons are physicians who have unique qualifications and experience in the use of a wide variety of surgical and non-surgical methods of treating the skin and preventing skin problems. Moreover, they are the “masters of your appearance,” helping you to look good and feel good at any stage in life.

After completing medical school and a year of internship, a dermatologic surgeon receives specialized education in the form of at least three years of residency training in an accredited program that includes a core curriculum in the therapeutic, reconstructive and cosmetic treatment of skin conditions. In short, a dermatologic surgeon demonstrates competence in the

Self-Examination

Skin cancer is almost completely curable when detected early, and a key to early detection is regular self-examinations of your skin. Everyone, not only those with an increased risk of developing skin cancer, should perform regular skin examinations. Examining your skin for suspicious moles and other lesions could save your life.

IN ADDITION TO THE TOOLS INCLUDED IN THIS KIT YOU WILL ALSO NEED:

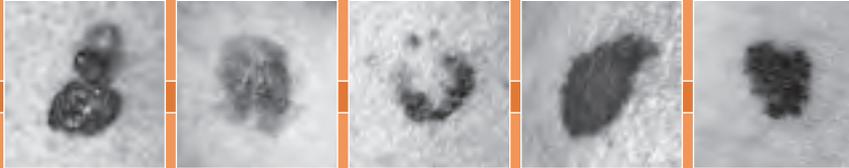
- *Full-length mirror*
- *Handheld mirror*
- *Well-lit room that offers privacy*

Examining your skin consists of standing in front of a full-length mirror to visually examine your body for signs of skin cancer and using a handheld mirror to view areas that cannot be seen without a second mirror. It is important to visually inspect your entire body as skin cancer can occur anywhere, not only on areas frequently exposed to the sun. Be sure to check your back, scalp, underarms, genitalia, palms, soles, and areas between the toes and fingers. When examining your scalp, it may help to systematically part the hair to check the entire scalp. An illustrated guide that shows how to examine your skin is shown on the right.

diagnosis, medical care and surgical management of:

- *Diseases and disorders of the skin, hair, nails, veins and nearby tissues*
- *Benign and malignant growths and skin cancers*
- *Aging and sun-damaged skin*
- *Cosmetic improvement of the skin*

Dermatologic surgeons are Board-certified dermatologists. After completing their residency education, candidates take an exam given by the American Board of Dermatology (ABD), which is sponsored by the leading medical organizations in the field. Doctors who pass the Board-certification exam are then referred to as Diplomates of the ABD.



Asymmetry

Border Irregularity

Color

Diameter

Evolving

abcde's of MELANOMA

See quick reference card in kit

WHAT TO LOOK FOR

You should become familiar with your birthmarks, blemishes, and moles so you know what they look like and can spot changes. As you examine your skin, look for changes in the size, color, shape, or texture of a mark on your skin.

SIGNS OF SKIN CANCER INCLUDE:

- Sore that never fully heals
- Translucent growth with rolled edges
- Brown or black streak underneath a nail
- Cluster of slow-growing, shiny pink or red lesions
- Waxy-feeling scar
- Flat or slightly depressed lesion that feels hard to the touch

Pay special attention to moles, especially one that has recently changed, bleeds, or itches. When looking at moles, keep in mind the ABCDEs of Melanoma Detection:

- **Asymmetry** – Does one half of a mole look different from the other?
- **Border Irregularity** – Is the edge (border) of the mole ragged, notched or blurred?
- **Color** – Does the mole have variety of hues and colors within the same lesion?

- **Diameter** – What is the size of the mole? While melanomas are usually greater than 6 millimeters (about the size of a pencil eraser) in diameter when diagnosed, they can be smaller.
- **Evolving** – Change in size, shape, color, elevation, or another trait, or any new symptom such as bleeding, itching or crusting points to danger.

If you notice a mole different from others, or which changes, itches, or bleeds even if it is smaller than 6 millimeters, you should see a Board-certified dermatologist.



How to Document Your Skin

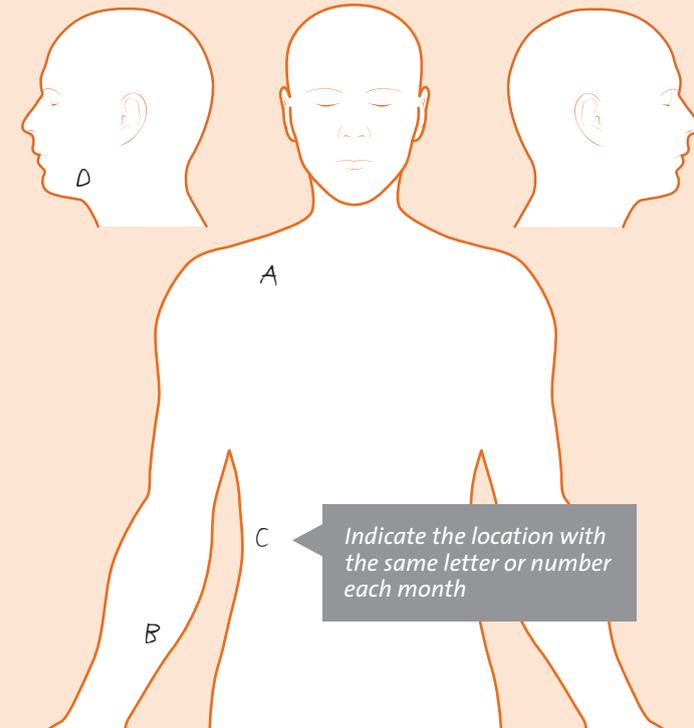
The following pages provide a monthly journal to document any changes in your skin. Use the included tools to record your conditions as shown below. Each month consists of two pages covering the front and back of the body.

MONTH: 1 2 3 4... Date of measurements: 5 / 21 / 07

- A. Red, 1/4", itches, asymmetrical
- B. brown, 1/16", round
- C. black, 1/4", itches, asymmetrical
- D. brown, 1/16", oval shaped

Use this area to document the qualities of the mole or growth indicated on the diagram (see right).

- INCLUDE:
- Size
 - Texture
 - Color
 - Sensitivity



Indicate the location with the same letter or number each month



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