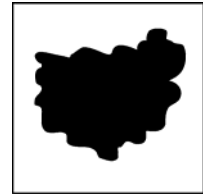


Melanoma and Skin Exam

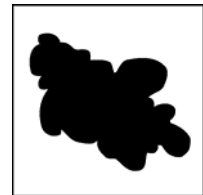
Melanoma is the most serious type of skin cancer. When melanoma is treated in its early stages, treatment is more successful. By doing a simple monthly exam, you may find melanoma early.

Melanoma can occur anywhere on the body. Check all of your skin carefully. When doing your monthly exam, look for:

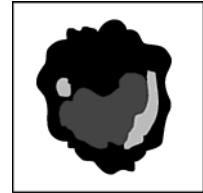
- **Asymmetry:** One half of the area does not match the other half.



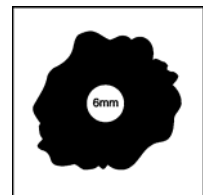
- **Border:** The edges are uneven or ragged.



- **Color:** The color is uneven with more than one shade or color present.



- **Size:** Any change in size, or if the size is larger than a pencil eraser.



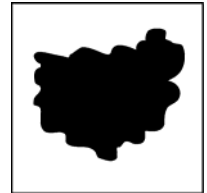
- **Feeling:** There are changes in the way it feels such as itching, dryness, lumpy, swollen or tender.

メラノーマと皮膚チェック

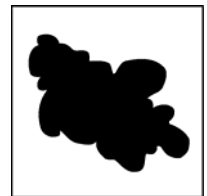
メラノーマは最も深刻な種類の皮膚ガンです。メラノーマは早期に治療すれば、治療が効果を発揮します。毎月の簡単なチェックを行うことによって、メラノーマを早期に発見できます。

メラノーマは体のあらゆる部位で発症します。皮膚全体を注意深く調べてください。毎月のチェックでは、以下の項目を点検します。

- **非対称**: 左右で形が異なる。



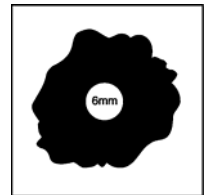
- **境界**: 端がでこぼこした不規則な形をしている。



- **色**: 色が不均一で2箇所以上に影や色がある。



- **大きさ**: 大きさに変化がある、消しゴムより大きい。



- **感覚**: かゆい、乾燥している、ゴツゴツする、腫れている、触れると痛みがあるなどの感覚に変化がある。

How to Check Your Skin

Each month after you shower or bathe and before you dress, do the following exam:

1. Look in the mirror at the front and back of your body. Then, raise your arms and check your right and left sides.
2. With elbows bent, look carefully at your forearms, underarms and palms of your hands.
3. Check the backs of your legs and feet, the bottom of your feet and between your toes.
4. With a mirror and hand mirror, look at the back of your neck and scalp. Check your scalp by parting your hair.
5. Use a hand mirror and check your back, between the buttocks and the genital area.

By checking your skin regularly, you will know what is normal for you. See your doctor right away if you see any changes or have any concerns.

皮膚をチェックする方法

月に 1 度はシャワーや入浴の後の着替える前に、以下のようなチェックを行ってください。

1. 鏡で体の正面と背を調べます。次に、腕を挙げた状態で体の両側面を調べます。
2. ひじを曲げて、前腕、わきの下、手のひらを注意深く調べます。
3. 足の後ろ側と足の裏、つま先の間を調べます。
4. 鏡と手鏡を使って首の後ろと頭皮を調べます。頭皮を調べるときは髪を分けながら見てください。
5. 手鏡を使って背中、臀部、性器周辺を調べます。

定期的に皮膚をチェックすることで、自分の正常な状態を把握できます。変化を発見したり、不安な点があるときは、すぐに医師の診察を受けてください。

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Melanoma and Skin Exam. Japanese.