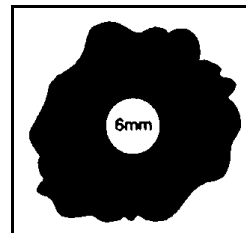
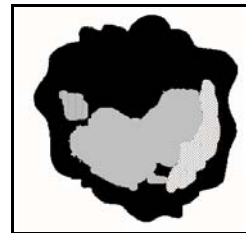
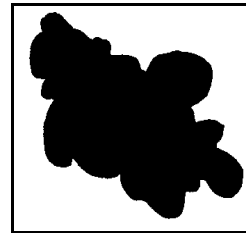
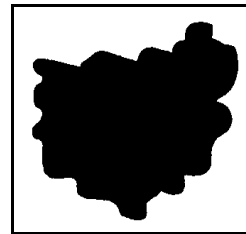


Melanoma and Skin Exam

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.

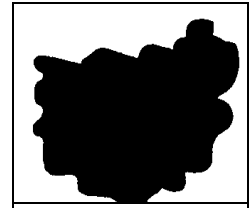


흑색종과 피부 검진

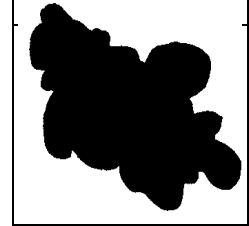
흑색종은 가장 심각한 피부암 형태입니다. 흑색종은 초기에 치료하면 더 성공적으로 치유가 가능합니다. 매 월 간단한 자가 검진을 통하여 흑색종을 조기에 발견할 수 있습니다.

흑색종은 몸 아무 곳에서나 생길 수 있습니다. 피부 전체를 주의깊게 살펴보십시오. 자가 검진을 할 때 살펴볼 사항:

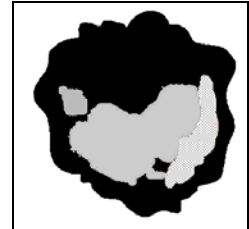
- **불균형:** 부위의 반이 다른 반과 일치하지 않는다.



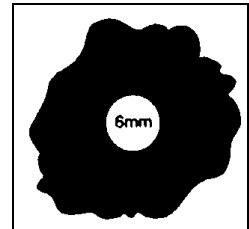
- **경계:** 주위가 울퉁불퉁하다.



- **색깔:** 색깔이 고르지 않고 어떤 곳은 색깔이 더 진하거나 색깔이 다른 부분과 다르다.



- **크기:** 크기에 변화 또는 크기가 연필 끝에 지우개보다 크다.



- **감촉:** 가렵거나, 건조하거나, 울퉁불퉁하거나, 부었거나, 따끔거리는 등 감촉이 다르다.

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.

피부 검사하는 방법

샤워를 하거나 목욕 후 옷을 입기 전에 다음과 같은 검사를 한다:

1. 거울 앞에 서서 몸의 앞과 뒤를 살펴본다. 다음, 두 팔을 들고 양 옆구리를 살펴본다.
2. 팔뚝꿈치를 구부린채 팔뚝, 겨드랑이, 그리고 손바닥을 잘 살펴본다.
3. 다리와 발 뒤, 발바닥, 그리고 발가락 사이를 잘 검사한다.
4. 손거울을 들고 거울 앞에 서서 목 뒤와 두피를 살펴본다. 머리 카락을 가르고 두피를 살펴본다.
5. 손거울을 이용하여 등 뒤에 둔부와 성기 사이를 검사한다.

피부를 정기적으로 검사하다 보면 피부가 정상적일 때 어떤 모양인가를 알게 될 것입니다. 피부에 변화가 있거나 이상이 있으면 즉시 의사를 보십시오.

2005 – 5/2010 Health Information Translations

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Melanoma and Skin Exam. Korean.