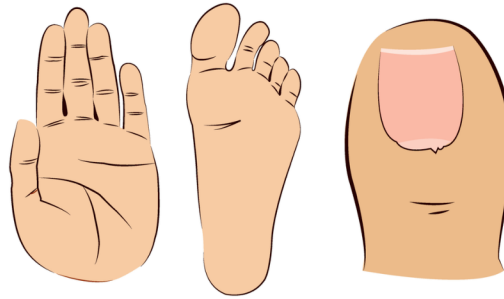


Examining your skin regularly can help you identify any new or abnormal moles or other growth. Ask your doctor to examine you before you have a chance of developing into skin cancer.

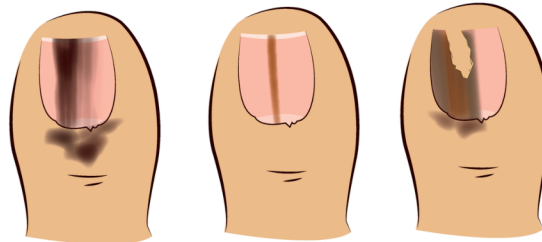
**TAKE CARE OF YOURSELF
TODAY, SO YOU DON'T
HAVE IT TOMORROW!**

WHERE TO LOOK

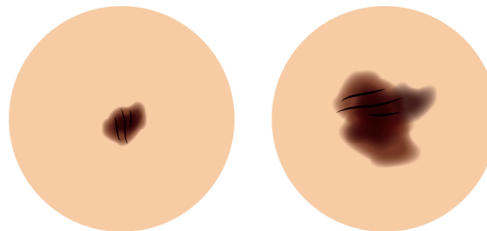


Palms of the hands, the soles of the feet, or under the nails.

WHAT TO LOOK FOR



Narrow, dark stripe a the nail.
As melanoma grows, the nail can crack or break.



Small dark spot that grows over time.

ALM



ACRAL LETIGINOUS MELANOMA

ACRAL LETIGINOUS MELANOMA

Cancer can appear on the skin. The deadliest form of skin cancer is melanoma. Acral letiginous melanoma (ALM) is a type of melanoma that appears on the palms of the hands, the soles of the feet, or under the nails.

Typically, melanoma is more common in lighter-skinned populations. ALM is different. It occurs equally in all skin types. That means ALM is the most common type of melanoma in people with darker skin and those of Asian descent.



DARK SPOT

ALM can look like a dark spot surrounded by normal colored skin. It may be hard to recognize at first when the patch of darkened skin is small and looks like little more than a stain or bruise. There is a clear border between the dark skin and the lighter skin around it. You'll usually find a spot like this on the palms of your hands and soles of your feet, or in the nail beds.

NAIL STREAK

The first sign may be a "nail streak", a narrow, dark stripe under a nail. ALM usually develops on the thumb or big toe; however, it can occur under any fingernail or toenail. Not all nail streaks are melanoma; many dark-skinned people have nail streaks that are completely benign. As the spot of ALM grows, your nail might begin to crack or break altogether, especially as it advances to later stages.

