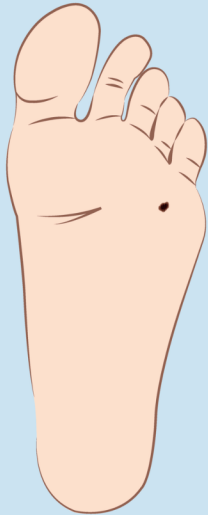


WHAT TO LOOK FOR

Small dark spot that grows over time.

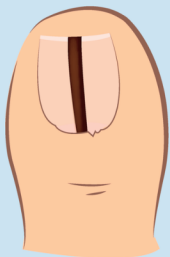


Before

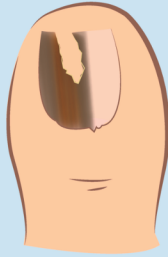


After

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



Before



After

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!**

UNIVERSITY OF UTAH
HUNTSMAN
CANCER INSTITUTE

HCAT
Health Communication &
Technology Lab



ACRAL LETIGINOUS

MELANOMA

ALM

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.

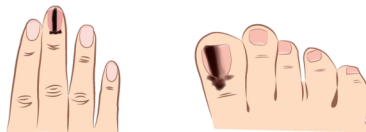


NAIL STREAK

- The first sign may be a “nail streak”, a narrow, dark stripe under a nail.



- ALM can occur under any fingernail or toenail.



- As the spot of ALM grows, your nail might begin to crack or break altogether.



DARK SPOT

- ALM can look like a dark spot surrounded by normal colored skin.



- 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.

