

MELANOMA  INTERNATIONAL FOUNDATION






SAFE FROM THE SUNSM Walk & 5K Run

WHO WE ARE:





Melanoma International Foundation, or MIF, is a 501 (c) (3) charity whose mission is to SAVE LIVES NOW by developing and supporting the most innovative programs for the prevention, early detection and treatment of melanoma.

WE MAKE A DIFFERENCE NOW





By WHAT WE DO:

-  **PREVENTION:** Our prenatal program and outreach education for all ages.
-  **EARLY DETECTION:** Provide free screenings and teach self-examination.
-  **TREATMENT:** Operate a toll-free hotline and web-based support for patients and families. Support promising new research.
-  **SAFE FROM THE SUN WALKATHONSM** our national melanoma awareness event, with free melanoma screening in three cities and spreading.
-  **ADVOCACY:** Raising priority in national, and state government as well as in national associations to increase melanoma research funding and program creation.

WHAT YOU CAN DO:

-  Examine your skin every six months and look for changes in a mole or skin lesion.
-  Report any suspicious looking lesions to a dermatologist promptly.
-  Know your skin: if you have many moles, more frequent and thorough exams are recommended. If you have fair skin, you require extra sun protection.
-  Practice and role model sun protective practices: cover up with clothing, wear a broad brimmed hat, seek shade, avoid tanning salons.

HOW YOU CAN HELP

-  Become a volunteer.
-  Run a "Safe from the Sun" event in your city.
-  Spread the word to your friends and neighbors that melanoma is not "just" skin cancer!
-  Donations - Mail a check, or donate online with a credit card.

HOW TO CONTACT US

Melanoma International Foundation

250 Mapleflower Road
Glenmoore, PA 19343

PHONE/FAX: 610-942-3432

FAMILY/PATIENT HOTLINE: 866-463-6663 (tollfree)

EMAIL: info@melanomaintl.org

WEBSITE: www.melanomaintl.org

Examine Your Skin for Melanoma

Examining your skin regularly for any suspicious mole is the best way to detect skin cancer when it is still amenable to cure by simple excision. Here is how to conduct a self-examination for melanoma. You will need a full-length mirror and a hand mirror in a well-lighted room. You may require the assistance of a friend or relative to conduct the exam.



1. Examine your body front and back in the mirror, then right and left sides with arms raised.



2. Bend elbows and look carefully at forearms, upper underarms and palms.



3. Look at the backs of your legs and feet, the spaces between your toes and on the sole.



4. Examine the back of your neck and scalp with a hand mirror. Part hair for a closer look.



5. Finally, check your back and buttocks with a hand mirror.

If you find a lesion that you believe could be melanoma, see your doctor right away. Early diagnosis can be lifesaving. Reprinted with permission from the American Academy of Dermatology.