

ARE YOU WILLING TO MAKE A

PROMISE



## WE WERE WILLING TO MAKE A PROMISE.

In 2009, we founded The Promise Foundation in memory of our friend Susan DeZaio, who died at the young age of 45 from melanoma. In Susan's honor, the Foundation has been hard at work with its mission of creating awareness and aiding in the prevention of



melanoma, the fastest growing cancer in the U.S. We have established educational programs at schools, day camps and community/sporting events. In addition, we are partnering with local hospitals to provide free body screenings. **NOW IT'S YOUR TURN.**

The background of the entire image is a repeating chevron pattern. It consists of orange and white zigzag lines. The top section has a smaller, more compressed version of this pattern, while the bottom section features a larger, more prominent version. The text "I PROMISE TO" is centered horizontally across the middle of the image, where the pattern transitions from the smaller to the larger scale.

I PROMISE TO

# PROTECT MYSELF

**WEAR SUNSCREEN OF AT LEAST SPF 30 EVERY DAY.**

Apply a golf ball size amount on all exposed areas. Reapply sunscreen every two hours and immediately after exercise or swimming.

**WEAR A HAT, SUNGLASSES & PROTECTIVE CLOTHING WHENEVER POSSIBLE.**



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# C H E C K   M Y   S K I N

**AT LEAST ONCE A MONTH EXAMINE FRONT & BACK OF BODY, RIGHT & LEFT SIDES.**

Look at your arms and legs. Inspect your ears, scalp and back of your neck. Check the bottom of your feet and between your toes. Don't forget those private parts.



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



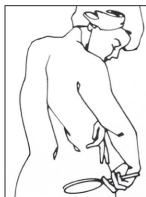
**2** Bend elbows, look carefully at forearms, back of upper arms, and palms.



**3** Look at backs of legs and feet, spaces between toes, and soles.



**4** Examine back of neck and scalp with a hand mirror. Part hair and lift.



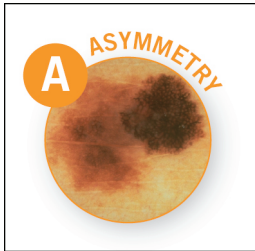
**5** Finally, check back and buttocks with a hand mirror.

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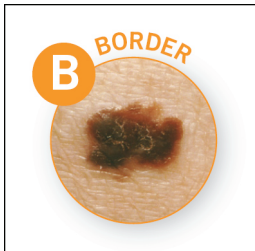


# KNOW THE ABCDE'S OF MOLES



Non-cancerous moles are usually round.

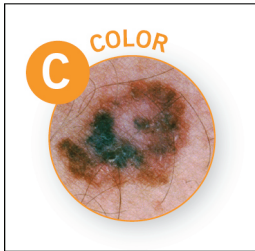
Melanomas are typically irregular in shape.



Non-cancerous moles have smooth borders.

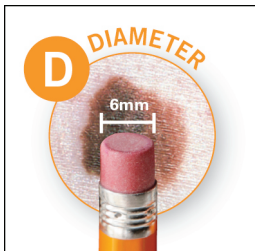
Melanomas often have ragged or notched edges.

# KNOW THE ABCDE'S OF MOLES



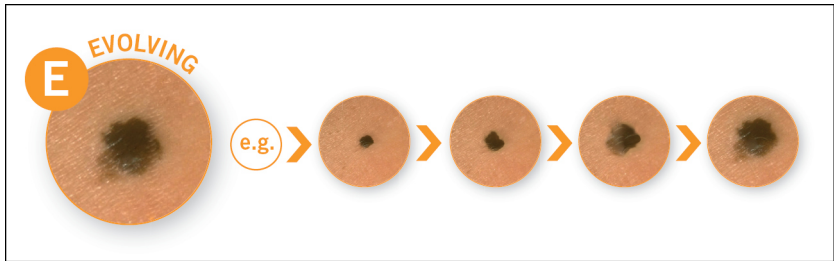
Non-cancerous moles are usually a single shade of brown.

Melanomas contain many shades of brown or black.



Non-cancerous moles are usually less than 6mm in diameter.

Melanomas are usually in excess of 6mm in diameter.



Non-cancerous moles usually do not change size over time.

Melanomas often grow in size or change in height rapidly.



**IF A MOLE IS PAINFUL, ITCHY, TENDER, BECOMES SCALY, OOZES OR BLEEDS, SEE A DOCTOR.**




























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The image features a repeating chevron pattern in orange and white. The pattern consists of a series of 'V' shapes pointing downwards, with the orange color filling the 'V' and the white color filling the spaces between them. This pattern covers the entire background of the image.

I P R O M I S E T O

# CHECK THE DAILY UV INDEX

Use the internet or download an app to check the daily UV Index in your zip code & take the appropriate precautions.

UV INDEX	1 - 2 LOW	3 - 5 MODERATE	6 - 7 HIGH	8 - 10 VERY HIGH	11+ EXTREME!
HOW TO PROTECT YOURSELF					
					
					
					
					
					

KEY	
TRY TO AVOID THE SUN BETWEEN 11AM & 4PM	
STAY IN THE SHADE NEAR MIDDAY	
WEAR PROTECTIVE CLOTHING	
WEAR A HAT	
USE BROAD SPECTRUM UVA/UVB SUNSCREEN	
WEAR UV-BLOCKING SUNGLASSES	

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I P R O M I S E T O

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# VISIT THE DERMATOLOGIST

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AT LEAST ONCE A YEAR FOR A SKIN EXAM



AVOID TANNING BEDS.



FOR MORE INFORMATION ON  
THE PROMISE FOUNDATION  
AND SKIN CANCER, VISIT  
[WWW.PROMISEFOUNDATION.ORG](http://WWW.PROMISEFOUNDATION.ORG)