

SERIOUS FOREPLAY

FROM **FUCK**CANCER™

We created Serious Foreplay to remind couples of the power of partner-aided skin scans. Studies show that checking with a partner can help detect more melanomas, so before you get off, get on top of your skin health with these fun positions.

To start, draw a card and get in position. Both partners should take turns scanning each other for moles. Try multiple positions to ensure you cover the entire body.

Always remember the ABCDEs of moles, and call a doctor if you find anything questionable. Melanoma is ~98% curable when found early, so make a date each month to do a skin scan before you do it.



ABCDEs of moles:



A = ASYMMETRY

One half of a mole or birthmark does not match the other.



B = BORDER

The edges are irregular, ragged, notched or blurred.



C = COLOR

Moles that are multi-colored, darker or lighter than the rest of your moles.



D = DIAMETER

The spot is larger than the size of a pencil eraser.



E = EVOLVING

The mole changes or has changed in size, shape or color.

THE FOREPLAY WE LOVE COULD SAVE THE ONES WE LOVE

Studies show that checking your skin with a partner can help find more melanomas than checking your skin alone, but partner skin scans aren't just about looking for cancer. They're more about getting to know your partner's body really well so that if anything changes, you notice sooner rather than later.

So before you get off, get on top of your skin health.

LOVE YOUR SKIN LOTUS



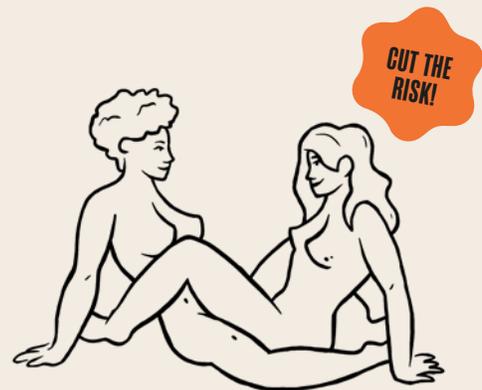
Melanoma is ~98% curable when found early, so try some serious foreplay before your next solo play. With legs crossed, check the bottoms of your feet before unfolding for a full body scan.

WOMAN ON TOP OF HER HEALTH



This position is for the partner who likes to get on top of their skin health. Sit on top and run your hands over every inch of skin you can reach. Be sure to document any questionable moles.

SAFETY SCISSORS



Cutting your skin cancer risk is easy with the Safety Scissors position. While breasts may be asymmetrical, moles shouldn't be. Facing your partner, be sure to check their stomach, arms, legs and under their breasts.

MAGIC MOLE MOUNTAIN



In this position, both partners face each other for easy simultaneous scanning. Be sure to check each other's undercarriages so nothing serious goes under the radar.

THE PRETZEL OF PREVENTION



In this position, one partner lies on their side and wraps their leg around their partner. This twisty position can help your partner check your side, under your arm and between your fingers for suspicious moles.

THE CHEEKY CHECKER



To get into this position, place your hands on the ground and extend your legs one at a time, resting them on your partner's shoulders. Something serious could be lurking where the sun don't shine, so have your partner check all your nooks and crannies.

SPREAD AWARENESS EAGLE



Not checking for moles doesn't fly around here! Have your partner lie on their back and lift their legs. You may not be into feet, but be sure to check between their toes for suspicious moles.

THE WHACK-OFF-A-MOLE



Saving your own life never felt so good. Use a mirror to help you look for moles in hard-to-reach places.

REVERSE THE RISK COWGIRL



In this position, your partner can show they have your back by checking your backside for moles. Sit on top of your partner, facing their legs. Be sure to check their thighs, shins and feet while you're up there.

THE BDSM (BIG-DUMB-STUPID-MOLE)



Establish a safe word for this extra-safe skin scan. Take turns being in control of scanning for moles. Accessories can make this fun, but don't forget to check beneath the cuffs.

EARLY DETECTION DOGGY STYLE



Don't just enjoy the view! From this position, you can inspect your partner's hips, back, shoulders and neck. Be sure to check their hairline too, where moles often go unnoticed.

GET JUST THE TIPS ON SELF-EXAMS

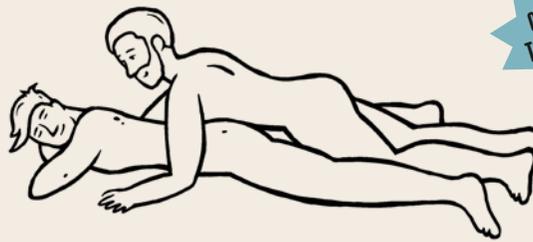
Self-exams aren't just about looking for cancer. They're more about getting to know your body really well so that if anything changes, you notice sooner rather than later. So get comfortable because you're about to get real hands-on with your health.

To learn more about how to check your skin, head to www.letsfcancer.com/guide/skin-self-exam/



BEAR IT ALL

CHECK FROM TOP TO BOTTOM



No matter if you're a top, bottom or side, get on top of your skin health. One partner lays down while the other partner slowly inspects from the bottom of their feet to the top of their head. Switch positions when you're done.

THE 69-SECOND SCAN

COME TOGETHER



Start at opposite ends and scan each other for any moles that look different from the rest. Take turns being the partner on top.