

HOW TO PERFORM A SKIN SELF-EXAMINATION



Importance of Monthly Skin Checks

Check your skin monthly to help spot skin cancer early, which is when it's most treatable.

Step-by-Step Guide to Checking Your Skin

1 Gather your resources.

Find a well-lit room. Bright lighting will help you see your skin more clearly.
Use a partner or mirror to check hard-to-see areas.

2 Examine your whole body, starting with your face. Check your nose, lips, mouth, and the front and back of your ears.

- Scalp: Use a comb or blow dryer to part your hair and see your scalp. Use your mirrors or a partner to check the back of your head.
- Hands and arms, including the palms, backs, between the fingers and fingernails.
- Torso: Look at your neck, chest, and upper body. Women should lift their breasts to check the skin underneath.
- Back: With mirrors or a partner, check the back of your neck, shoulders, and upper and lower back.
- Buttocks and legs: Check the backs of your thighs and legs.
- Feet: Check your feet, including the spaces between your toes and under your toenails.

3 Look for the ABCDEs in moles and spots.

- Asymmetry: The two halves of the mole should match.
- Borders: Look for irregular, ragged, notched, or blurred edges.
- Color: Watch for changes in color or multiple colors in one spot.
- Diameter: Is your mole larger than the eraser on a pencil?
- Evolution: Watch for changes in a mole's size, shape, color, or height. Also, note any spots that look different from your other spots.

4 Record your findings.

Note any moles, spots, or changes.
This helps you and your dermatologist track changes

