

SKIN CANCER

IF YOU CAN SPOT IT,

YOU CAN STOP IT

COUPLED WITH YEARLY SKIN EXAMS BY A DOCTOR,
SELF - EXAMINATION
IS THE BEST WAY TO ENSURE THAT YOU DON'T BECOME ANOTHER
SKIN CANCER STATISTIC



WHAT YOU WILL NEED



FULL-LENGTH MIRROR



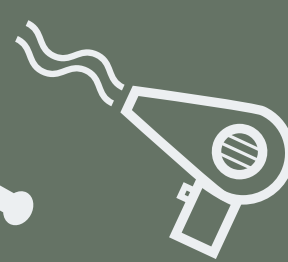
A BRIGHT LIGHT



2 STOOLS/CHAIRS



HAND MIRROR



BLOW DRYER

WHAT TO LOOK FOR

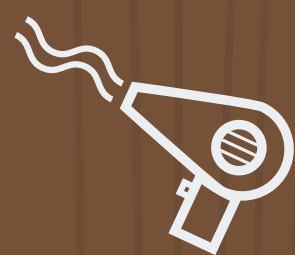
- A mole, birthmark, beauty mark, or any brown spot that:
 - changes color
 - increases in size or thickness
 - changes in texture
 - is irregular in outline/asymmetrical
 - appears after age 21
 - is bigger than 6mm or 1/4", the size of a pencil eraser
- A skin growth that increases in size and appears pearly, translucent, tan, brown, black, or multicolored
- A spot or sore that continues to itch, hurt, crust, scab, erode, or bleed
- An open sore that does not heal within three weeks

STEPS TO SELF-EXAMINATION



EXAMINE YOUR FACE

especially the nose, lips, mouth, and ears - front and back. Use one or both mirrors to get a clear view.



INSPECT YOUR SCALP

using a blow dryer and mirror to expose each section to view. Get a friend or family member to help.



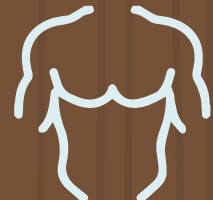
STANDING IN FRONT OF THE FULL-LENGTH MIRROR

begin at the elbows and scan all sides of your upper arms. Don't forget the underarms.



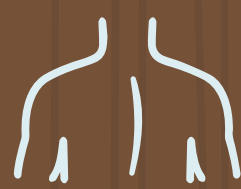
CHECK YOUR HANDS

palms and backs, between the fingers, and under the fingernails. Continue up the wrists to examine both front and back of your forearms.



FOCUS ON THE NECK, CHEST, AND TORSO

Women should lift breasts to view the underside.



WITH YOUR BACK TO THE FULL-LENGTH MIRROR

use the hand mirror to inspect the back of your neck, shoulders, upper back, and any part of the back of your upper arms you could not view in step 4.



STILL USING BOTH MIRRORS

scan your lower back, buttocks, and backs of both legs.



SIT DOWN; PROP EACH LEG IN TURN ON THE OTHER STOOL OR CHAIR

Use the hand mirror to examine the genitals. Check front and sides of both legs, thigh to shin, ankles, tops of feet, between toes and under toenails. Examine soles of feet and heels.

TO LEARN MORE, VISIT
SKINCANCER.ORG

