SKIN CANCER SCREENING

SKIN SELF-EXAMINATION

Skin self-examination should be done every month, so you become familiar with the usual appearance of your skin. Changes in any growth, mole, sore or discoloration in your skin need to be evaluated by your physician. Early detection is the key to successful treatment and cure.

The following is one way to do a self-examination to make sure that all areas of the body are checked. You will need a full length mirror, a hand mirror and a brightly lit room.

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<td>Examine your body front and back in the mirror, then right and left sides, arms raised.</td>
<td>Bend elbows and look carefully at forearms and upper underarms and palms of your hands.</td>
<td>Next, look at backs of the legs and feet—spaces between toes and soles or bottom of your feet.</td>
<td>Examine back of neck and scalp with the help of a hand mirror, part hair (or use blow dryer) to lift and give you a close look.</td>
<td>Finally, check back and buttocks with hand mirror.</td>
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