

# HOW TO CHECK YOUR SKIN IN 5 EASY STEPS

## YOU'LL NEED



ABCDEs DOC



FLASHLIGHT



COMB/DRYER



HAND MIRROR



FULL LENGTH MIRROR



CHAIR/STOOL X 2

+ 10 MINUTES

# 1

Facing the wall mirror, examine your face including lips, ears and eyes. Use a flashlight to check inside your mouth, nostrils, and ears. Check your neck, shoulders, and upper chest. Women should also check under breasts.

# 2

Using both mirrors, check behind your ears, neck and upper back. While parting your hair with the blow dryer or comb, use both mirrors to check your scalp - front, back and sides. Or have a partner or family member help.

# 3

Check your abdomen, front and sides. Use the hand mirror to check your mid- to lower back carefully. (The back is the most common site of melanoma in males) Use the hand mirror or both mirrors to check all areas of your buttocks and genitals, including hidden parts.

# 4

Raise both of your arms and check all sides of your arms and hands, including between fingers and under fingernails. Then check under your arms and the sides of your upper body.

# 5

Sitting on a chair or stool, prop each leg in turn on the other chair or stool. Check all sides of your legs from ankles to thighs. Check your feet, incl. tops, heels, soles, between toes and under toenails. (Legs are the most common sites of melanomas in females)

**REPEAT ONCE A MONTH AND RECORD RESULTS ON BODY CHART, NOTING ANY CHANGES**

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