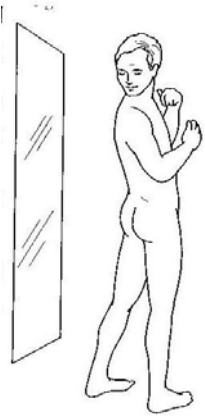
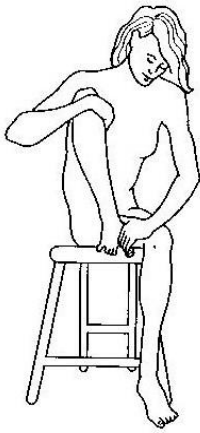


How To Perform A Skin Self-Exam

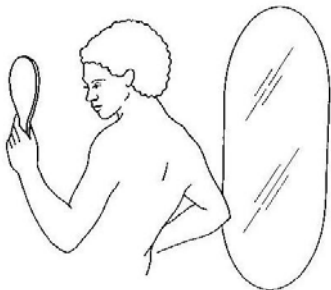
You can improve your chances of finding skin cancer promptly by performing a simple skin self-exam regularly. You should check your skin in a well-lit room, using a full-length mirror and a hand held mirror. Check for anything new - a change in the size, texture, or color of a mole, or a sore that does not heal.



- ☀ Look at the front and back of your body in the mirror, then raise your arms and look at the left and right sides.
- ☀ Bend your elbows and look carefully at the palms, the forearms, including the undersides, and the upper arms.
- ☀ Examine the back and front of the legs. Also look between the buttocks and around the genital area.



- ☀ Sit and closely examine the feet, including the soles and the spaces between the toes.



- ☀ Look at your face, neck, and scalp. You may want to use a comb or a blow dryer to move hair so that you can see better.

By checking you skin regularly, you will become familiar with what is normal.
If you find anything unusual, see your doctor or dermatologist right away.
Remember the earlier skin cancer is found, the better the chance for a cure.