

4 STEPS FOR SELF-EXAMINATION

skin cancer

What should you look for during the examination?

A spot, mole or scar which has changes in color and size, new moles (*after the age of 21*) and moles larger than 6 mm, part of the skin that becomes darker or has unusual color, wounds that don't heal with time, change of skin texture or growths. Make sure you inform the doctor about anything that is out of the ordinary, new, itching, has unusual color and size. *Early diagnosis saves lives.*

Check your face, especially the nose, lips, mouth and auricle from front and back. Use the hand mirror for areas which are hardly visible. Thoroughly examine the head scalp using a hair dryer, which will help you observe the skin on the whole head. You can ask someone to help you turn the hair dryer and identify some unusual moles or color changes of the scalp.



1

Gently check the skin on the hands: the palms from inside and out, don't leave out the skin between the fingers and under the nails. Continue towards the wrists and check the forearms on both sides. Remember, most often skin cancer doesn't cause pain but still is life-threatening. Stand in front of a big mirror, start checking your elbows and thoroughly examine the upper parts of the arms. Don't leave out the underarms.



2

Turn on your back towards the mirror and use the hand mirror to check the skin on your back, neck, shoulders and all parts that you couldn't see in the 4th step. Using both mirrors, check the skin in the lower part of the back, behind and back side of both legs.



3

Sit down and put your leg on a chair. Examine the genitals with the hand mirror. Gently check both sides of the legs, knees, ankles, feet, toes and skin under the nails. Don't leave out the soles



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