

HOW TO DO A SKIN CANCER SELF-EXAM

Skin cancer is the most common type of cancer.



STEP 1.

GET NAKED

Stand naked in front of a mirror. Check for new or changing moles on your face, ears, neck, chest, armpits, belly, under your breasts, both sides of your hands and fingers, and your fingernails.



STEP 1.

TAKE A SEAT

Sit down and check the tops of your legs, feet, and toenails for new or changing moles.



STEP 1.

YOUR NECK, YOUR BACK, THE CREVICES, AND ALL THAT

Use a hand mirror or your phone camera to check the bottom of your feet, back of your legs, butt, genitals, back, scalp, and behind your neck and ears. Sometimes it's easier to have someone you feel comfortable with look at all the parts of your body that you can't see easily yourself.

WHAT ARE YOU LOOKING FOR?

THE ABCDES OF MOLES



A = ASYMMETRY

One half of a mole or birthmark does not match the other.



B = BORDER

The edges are irregular, ragged, notched or blurred.



C = COLOR

Moles that are multi-colored, darker or lighter than the rest of your moles.



D = DIAMETER

The spot is larger than the size of a pencil eraser.



E = EVOLVING

The mole changes or has changed in size, shape or color.

IF A MOLE OR SPOT WORRIES YOU, MAKE AN APPOINTMENT TO SHOW A DOCTOR.