

## HOW TO CHECK YOUR SKIN

### What you'll need:

- Flashlight
- Two small chairs or stools
- Hand mirror with a long handle
- Hairbrush or blow dryer for checking your scalp
- Large wall mirror, preferably full-length, in a well-lighted area



**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 brush, 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 melanomas 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 small 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, including the tops, heels, soles, between toes, and under toenails. (*Legs are the most common sites of melanomas in females.*)

