



save your skin  
FOUNDATION

# How to do a Skin Self-Examination

## What you need:

- 01 Full-length mirror      02 Hand-held mirror

## Steps:

- 01** Use a full-length mirror in a well-lit room. Start by checking the front of your upper body including your face, lips, ears and eyes.
- 02** Next, check your neck, shoulders, chest and abdomen. Women should also check under breasts.
- 03** Using both mirrors, check behind your ears, neck and upper back. Use the comb to part your hair and check the front, back and sides of your scalp.
- 04** Raise both of your arms and check all sides of your arms and hands including under your arms, between fingers and under fingernails.
- 05** With a hand-held mirror, check your lower back, buttocks, backs of thighs and calves.
- 06** Finally, check your feet including the tops, soles, toenails, toes and in between each toe.

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## ASYMMETRY:

Is the mole Asymmetrical?



## BORDER:

Are the Borders irregular or uneven?



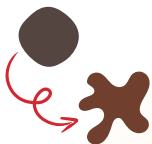
## COLOUR:

Are there two or more shades within the mole?



## DIAMETER:

Is the mole larger than 6mm or an eraser head of the pencil?



## EVOLUTION:

Has there been a change in colour, shape or size?

For more information about signs and symptoms of skin cancer, please visit



saveyourskin.ca