

Your Skin Check Guide

DIRECTIONS: Once a month, run through each of the following steps to monitor your skin. Be sure to mark your **Body Map chart** as you go, so you can keep track of any changes over time. That way if any strange moles, freckles, or other bumps pop up, you'll be able to report them to your doctor quickly!

WHAT YOU'LL NEED:

- Full-length mirror



- Hand mirror



- Hair dryer



1. Examine your face, especially your nose, lips, mouth, and front and back of your ears. Use the mirrors to get a clear view of each.
2. Thoroughly inspect your scalp, using a hair dryer and mirror so you can see each section. You may want to get a friend or family member to help!
3. Check your hands carefully, including the palms and backs, between your fingers, and under your fingernails. Continue up your wrists to examine both the front and back of your forearms.
4. Standing in front of the full-length mirror, check your elbows and scan all sides of your upper arms. (Don't forget your underarms!)
5. Focus on your neck, chest, and torso.
6. With your back to the full-length mirror, use the hand mirror to inspect the back of your neck, shoulders, upper back, and any part of the back of your upper arms that you could not view in step 4.
7. Still using both mirrors, scan your lower back, buttocks, and backs of both legs.
8. Sit down and take turns propping each leg on a stool or chair. Use the hand mirror to examine any parts of your body that are hard to see. Check the front and sides of both legs, including your thighs, shins, ankles, tops of feet, between toes, and under your toenails. Then, examine the soles of your feet and heels.
9. You're almost done! Mark your findings on the Body Map chart and make sure to put a reminder in your phone to check again in 30 days.

*Special thanks to The Skin Cancer Foundation for their help with this worksheet!
 For more information on skin cancer prevention, visit SkinCancer.org.*