How and where to look

Check your skin once a month for any changes or suspicious-looking spots.

Your check should cover your whole body, front and back, with particular emphasis on areas exposed to the sun. Stand in front of a full-length mirror with a hand mirror for those hard-to-reach places.

1. Look at your face, including your nose, lips, mouth and on and behind your ears.

2. Check your scalp, using a comb to part your hair. If you do not have much hair, check your entire scalp very thoroughly.

3. Check the front and back of your hands and in between your fingers.

4. Then focus on your neck, chest and upper body. Women, be sure to check between and underneath your breasts.

5. Bend your elbow to check your upper arm and armpits.

6. Use your hand mirror to check the back of your neck and your back, top and bottom.

7. Check your buttocks and the back of your legs. Finish by checking the soles of your feet and in between your toes.

Find out more and join the Melanoma Movement today
melanomapatients.org.au
National Melanoma Support Line: 1300 88 44 50