

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.

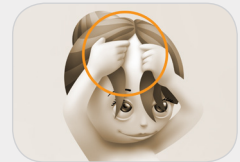
1

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



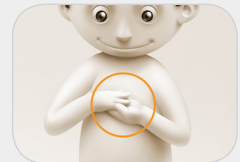
2

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



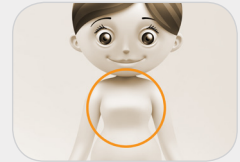
3

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



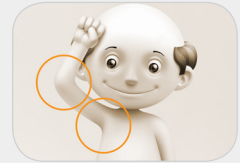
4

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



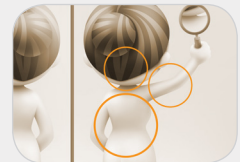
5

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.

