

## Monitoring Your Skin

Examine your skin monthly by following the directions below. Use the diagrams on the back of this page to keep track of any changes in your skin. Perform your skin self-exam in a bright room with a full-length mirror and a hand mirror. To begin, remove all of your clothing, and then follow these steps.

### How To Perform A Self-Examination



Examine your body front and back in the mirror, then right and left sides with arms raised.



Bend elbows and look carefully at forearms, upper underarms and palms.



Look at the backs of your legs and feet, the spaces between your toes and on the sole.



Examine the backs of your neck and scalp with a hand mirror. Part hair for a closer look.



Finally, check your back and buttocks with a hand mirror.

## What To Look For:

- A rough, pink or red, scaly patch or bump
- A small, shiny bump or patch that is red, pink, or white
- A patch of skin or mole that becomes itchy, tender, or painful or bleeds
- An asymmetrical, multicolored mole with irregular or blurred borders
- A mole that gets bigger or changes color, shape, or border
- Sores, blemishes that don't go away

Date of First Self-Exam: \_\_\_\_\_

Record dates of follow-up skin self-exams and any changes in your skin in the spaces below.

Date:

Changes:

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**Dr. Saluja**

