

# How to check for signs of skin cancer

You'll need a well-lit space, full-length mirror, hand mirror, chair, and a comb. It's also useful to have a digital camera or pen and paper nearby, to record anything you find.

**Remember:** some symptoms of skin cancer can be felt more easily than they can be seen. Don't just rely on your eyes – run your hands over your entire body as you check.

- 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 armpit.


- 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.



**Noticed something unusual? Speak to your doctor straight away for further advice.**

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If you have had skin cancer,

know your skin and watch for signs of change.