



## SKIN SELF EXAMINATION

Skin cancer is the most common type of cancer in Canada, however, it is preventable and treatable when detected early. Be familiar with your own skin so that you can recognize any changes. Examine your skin every month to detect early warning signs of skin cancer. Once you know the pattern of your moles, blemishes, freckles and other marks on your skin, you will be able to detect any changes.

### The Warning Signs

A mole, birthmark, freckle, or any brown spot that

- changes colour
- increases in size or thickness
- changes in texture
- is irregular in outline
- is bigger than 6mm, the size of a pencil eraser

A spot or sore that

- itches or hurts
- crusts or scabs
- bleeds
- fails to heal within 3 weeks

### HOW TO PERFORM A SKIN SELF EXAMINATION

#### What you will need:

- A bright light, full-length mirror, hand mirror, two chairs, blow dryer, a body map and pencil.

#### Steps for Examination

1. Examine your head and face, including your nose, lips, ears and under facial hair, using one or both mirrors. Use the blow dryer to help check the scalp. Get a friend or family member to help if you can.
2. Check your hands and nails. Using a full-length mirror examine both the front and back of your arms. Do not forget to check under your arms.
3. Check your neck, chest and torso. For women, remember to check under your breasts.
4. With your back to the mirror, use the hand mirror to check the back of your neck, shoulders, upper arms, back, buttocks and legs.
5. Sitting down, check your legs and feet, including the soles, heels and nails. Use the hand mirror to check genitals.

