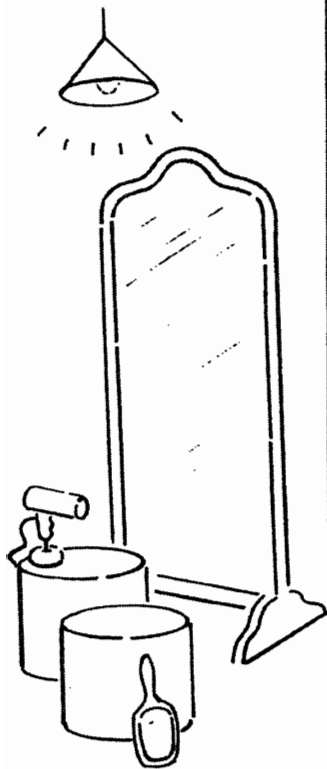
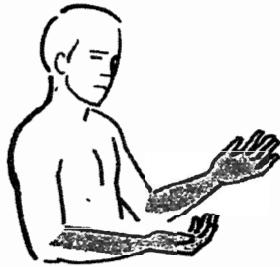


# Ten Steps for Self-Examination of the Skin



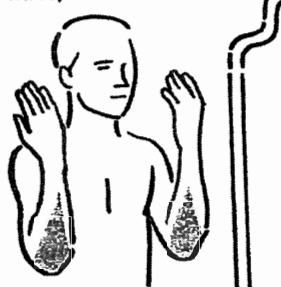
## Step 1

Make sure the room is well-lighted, and that you have nearby a full-length mirror, a hand-held mirror, a hand-held blow dryer, and two chairs or stools. Undress completely.



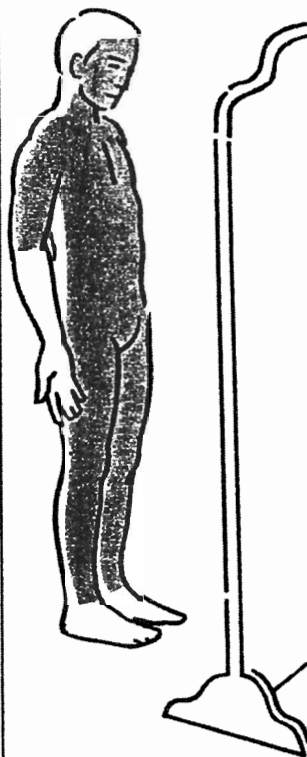
## Step 2

Hold your hands with the palms face up, as shown in the drawing. Look at your palms, fingers, spaces between the fingers, and forearms. Then turn your hands over and examine the backs of your hands, fingers, spaces between the fingers, fingernails, and forearms.



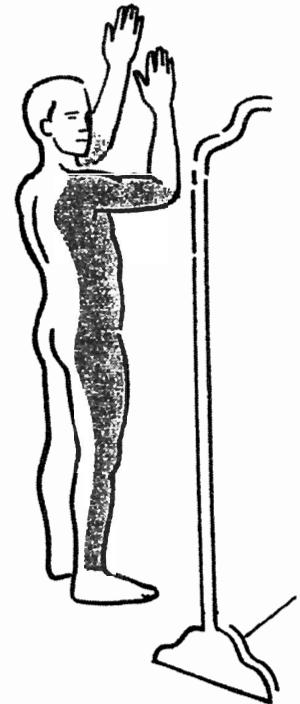
## Step 3

Now position yourself in front of the full-length mirror. Hold up your arms, bent at the elbows, with your palms facing you. In the mirror, look at the backs of your forearms and elbows.



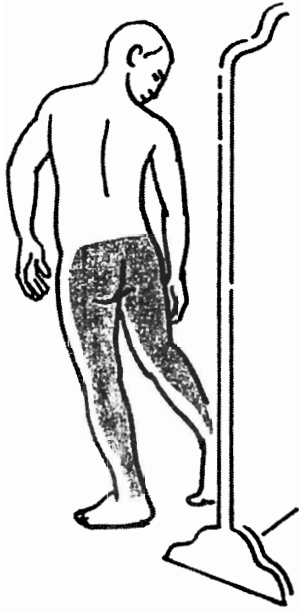
## Step 4

Again using the full-length mirror, observe the entire front of your body. In turn, look at your face, neck, and arms. Turn your palms to face the mirror and look at your upper arms. Then look at your chest and abdomen; pubic area; thighs and lower legs.



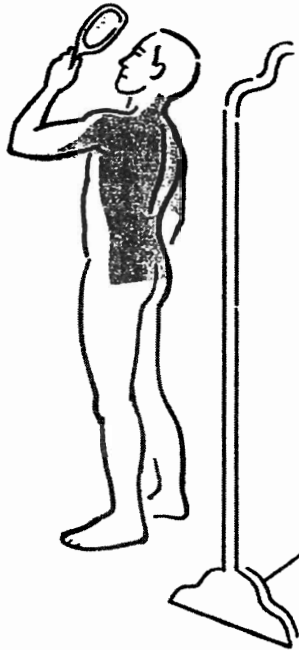
## Step 5

Still standing in front of the mirror, lift your arms over your head with the palms facing each other. Turn so that your right side is facing the mirror and look at the entire side of your body—your hands and arms, underarms, sides of your trunk, thighs, and lower legs. Then turn, and repeat the process with your left side.



### Step 6

With your back toward the full-length mirror, look at your buttocks and the backs of your thighs and lower legs.



### Step 7

Now pick up the hand-held mirror. With your back still to the full-length mirror, examine the back of your neck, and your back and buttocks. Also examine the backs of your arms in this way. Some areas are hard to see, and you may find it helpful to ask your spouse or a friend to assist you.



### Step 8

Use the hand-held mirror and the full-length mirror to look at your scalp. Because the scalp is difficult to examine, we suggest you also use a hand-held blow dryer turned to a cool setting, to lift the hair from the scalp. While some people find it easy to hold the mirror in one hand and the dryer in the other, while looking in the full-length mirror, many do not. For the scalp examination in particular, then, you might ask your spouse or a friend to assist you.



### Step 9

Sit down and prop up one leg on a chair or stool in front of you as shown. Using the hand-held mirror, examine the inside of the propped-up leg, beginning at the groin area and moving the mirror down the leg to your foot. Repeat the procedure for your other leg.



### Step 10

Still sitting, cross one leg over the other. Use the hand-held mirror to examine the top of your foot, the toes, toenails, and spaces between the toes. Then look at the sole or bottom of your foot. Repeat the procedure for the other foot.

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When looking at a mole, the risk factors for **malignant melanoma** are:

- A**symmetry (blotchy irregular shape, not round or oval)
- irregular **B**orders
- C**olor (ink black is most worrisome)
- D**iameter > 6mm (the size of an eraser at the end of a pencil)
- E**levation (a previously flat mole that becomes raised)
- F**amily history of malignant melanoma

The more risk factors that are present the higher the chances of malignant melanoma.

**Bring any suspicious mole to the attention of your doctor!**