

## How to Perform a Skin Self-Exam

Perform your skin self-exam in a bright room. A full-length mirror, a hand mirror, and another person can help you examine areas that are difficult to see. Remember to be systematic. Check the same way each time to make sure all your skin is examined. Be sure to remove all clothing and follow the five steps listed below.

If you have had a previous melanoma:

- **Start your self-exam at the site of the previous melanoma.** Statistics have shown that a recurrence is most likely at a previous melanoma site. Look for any changes in color and feel for bumps underneath the surface of the skin.
- **Remember to check your lymph nodes.** Check the lymph node closest to the site of your previous melanoma. There are lymph nodes under the jaw line, in the groove above the collarbone, in the armpits, and in the groin (you must be lying flat to check the lymph nodes in the groin). Signs of concern would include an oval, almost grape-like bulge that may sometimes feel rubbery in texture. If a lymph node feels different than a typical swollen gland feels at times of illness, contact your physician immediately.



*1) Examine the back of your neck and scalp. Part your hair for a closer look at your scalp. Also, remember to check your eyes, ears (inside and out), and in your mouth.*



*4) Take a closer look at your back and buttocks. Don't forget to thoroughly check your genitals.*



*2) Bend your elbows, look carefully at forearms, back of upper arms, and palms of your hands. Remember to check in-between your fingers and under your fingernails.*



*5) Look at the front and back of your legs and feet. Look at the soles of your feet, between toes, and underneath your toenails.*



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

**Remember to contact your physician immediately if anything changes or looks suspicious!**