

Check your skin

Early detection and removal of skin cancers is still the best cure we have. So, get to know your skin and what's normal for you.

This will make the **unusual** stand out, even if it's subtle.

Use the **S.C.A.N.*** list to check your skin at home and if it's:

- S** Sore
- C** Changing
- A** Abnormal
- N** New

please show your doctor.

Doctors within Skin²:

- Have extra training and experience
- Use dermoscopy
- Perform biopsies when needed
- Undertake surgery when required

* The Skin Cancer College Australasia recommends that you 'SCAN Your Skin'.



Book your skin check today

For your nearest Skin² clinic:

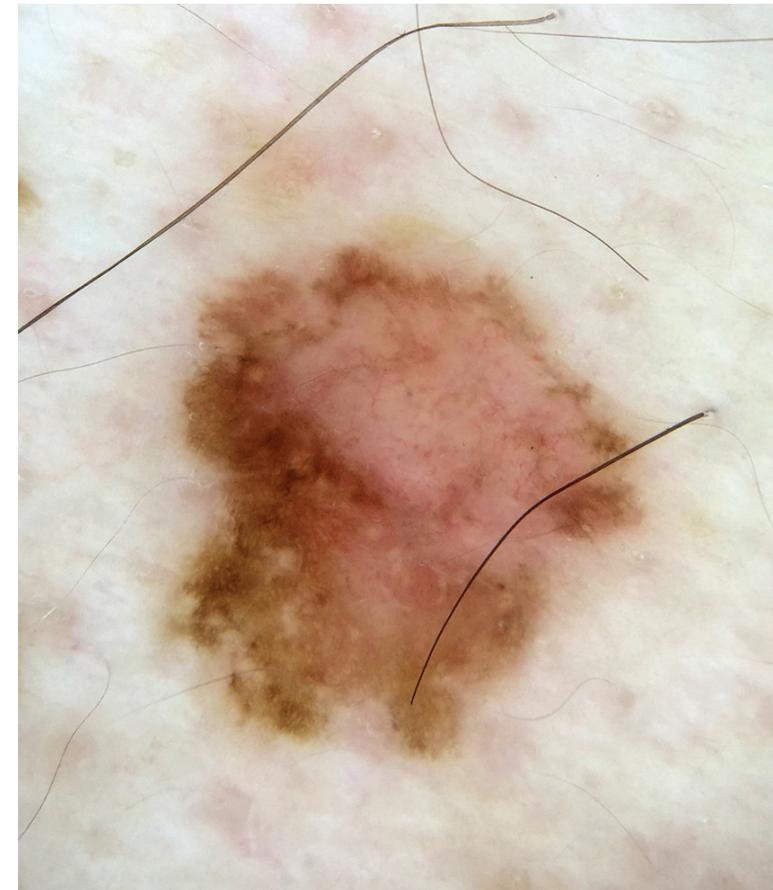
www.skin2.com.au



Skin² is a skin clinic network which provides facilities and support services to independent Skin Doctors to enable them to deliver quality care to their patients

The information in this brochure is provided for general information only and should not be relied upon as medical advice. If you would like medical advice, please seek specific advice tailored to your circumstances from a medical practitioner.

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How to self-check your skin

It's easier than you think to check your skin for irregular spots or areas. All you'll need is a mirror, good light, someone to help you and ideally a camera or a smartphone.

You should aim to do this self-check once every three months. Schedule it into your diary. Once you've done it a few times, it'll only take you a minute. You may follow your self-checks with a yearly full and detailed skin examination - utilising dermoscopy by a skin cancer doctor. In all, it could take as little as twenty minutes a year to monitor your skin. Well worth it.



Your step-by-step guide

- 1 Using a mirror and hairdryer or comb, examine your scalp. Then the fronts of your ears.
- 2 Ask a partner to examine the back of your scalp and behind your ears.
- 3 Check your face, including inside your mouth, lips and folds around the nose.
- 4 Examine your chest and abdomen - including under the breasts and skin folds.
- 5 Ask your partner to examine your back or take a photo of it for you to review.
- 6 Check the backs and fronts of both forearms, upper arms and armpits.
- 7 Examine your hands and don't forget palms, web spaces and under fingernails.
- 8 Buttocks and backs of thighs can be checked with a mirror. A photograph of the area is even easier.
- 9 Check the groin area and genitalia.
- 10 Check the fronts of your thighs.
- 11 Check the fronts and backs of both calves.
- 12 Sit down and examine your feet - the tops, soles, between the toes and under toenails.