

How to Do a Skin Check at Home

Have another person assist you in examining hard-to-see areas, if possible.



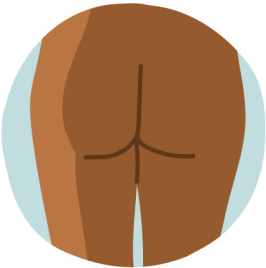
Step 1: Remove all clothing and stand in front of a large mirror. Check the front of your body, including your face, neck, arms, armpits, ears, and stomach. Lift any breast tissue or folds of skin to examine the skin underneath.



Step 2: Look at the top and palm of your hands, between your fingers, and the areas around and underneath your fingernails. Check the front of your thighs, shins, top of your feet, and under your toenails.



Step 3: Switch to a hand mirror and examine the back of your thighs, calves, and bottom of your feet.



Step 4: Stand in front of a full-length mirror, and look at the back of your body. Check your buttocks, genitals, lower and upper back, and the back of your neck.



Step 5: In a mirror, check the top of your scalp. If you have hair, push the strands aside to see the skin underneath.



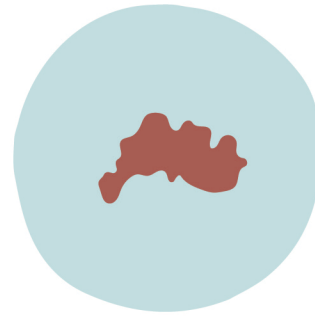
Step 6: Examine inside your mouth for any white patches or black spots on your gums, the top and bottom of your tongue, and your inner cheeks.

How to Detect Skin Cancer with the ABCDE Rule



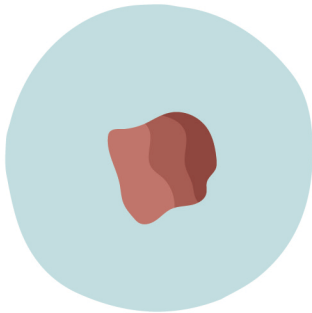
A is for Asymmetry

One half of the spot is unlike the other half.



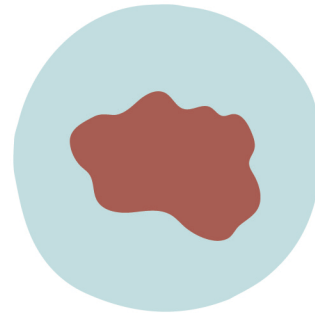
B is for Border

The spot has an irregular, scalloped, or poorly defined border.



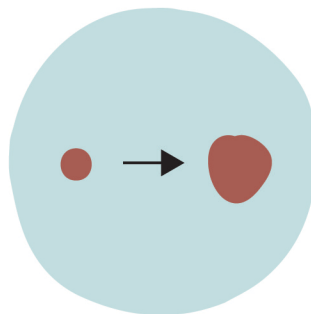
C is for Color

The spot has varying colors from one area to the next, such as shades of tan, brown, or black, or areas of white, red, or blue.



D is for Diameter

Melanomas are usually greater than 6 millimeters (about the size of a pencil eraser) when diagnosed. But they can be smaller.



E is for Evolving

The spot looks different from the rest or is changing in size, shape, or color.