

British Association of Dermatologists

# A GUIDE TO CHECKING YOUR SKIN

Most skin cancers can be cured if detected early. The best way to detect skin cancer is to check your skin regularly, about once a month. You should examine the skin all over your body, from top to toe.

Look out for moles or patches of skin that are growing, changing shape, developing new colours, inflamed, bleeding, crusting, red around the edges, particularly itchy, or behaving unusually.

1

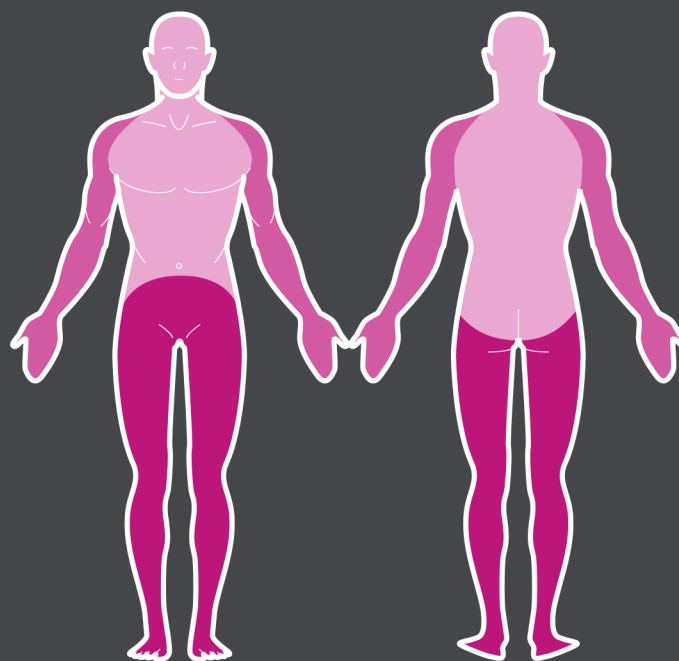
Look in a mirror and carry out a full upper body examination, checking your face, neck and chest right down to your hips. Ask a friend or family member to check your scalp, ears, back and all of the areas you can't easily see yourself.

2

Check your arms and elbows, including underarms and both sides of your hands.

3

Examine all of your lower body, checking your legs front and back, your feet, soles and even between your toes.



## IF IN DOUBT, CHECK IT OUT!

You should tell your doctor about any changes to a mole or patch of skin. If your doctor thinks you have a skin cancer or is not sure, they can refer you for free through the NHS to see a skin cancer specialist, usually a Consultant Dermatologist, who is an expert in diagnosing and treating skin cancer.

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