



ORLANDO
HEALTH®

Cancer Institute

**SKIN
CANCER
DETECTION
SELF-
EXAMINATION
GUIDE**

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**SKIN
CANCERS
ARE HIGHLY
CURABLE
WHEN
CAUGHT
AND TREATED
EARLY.**

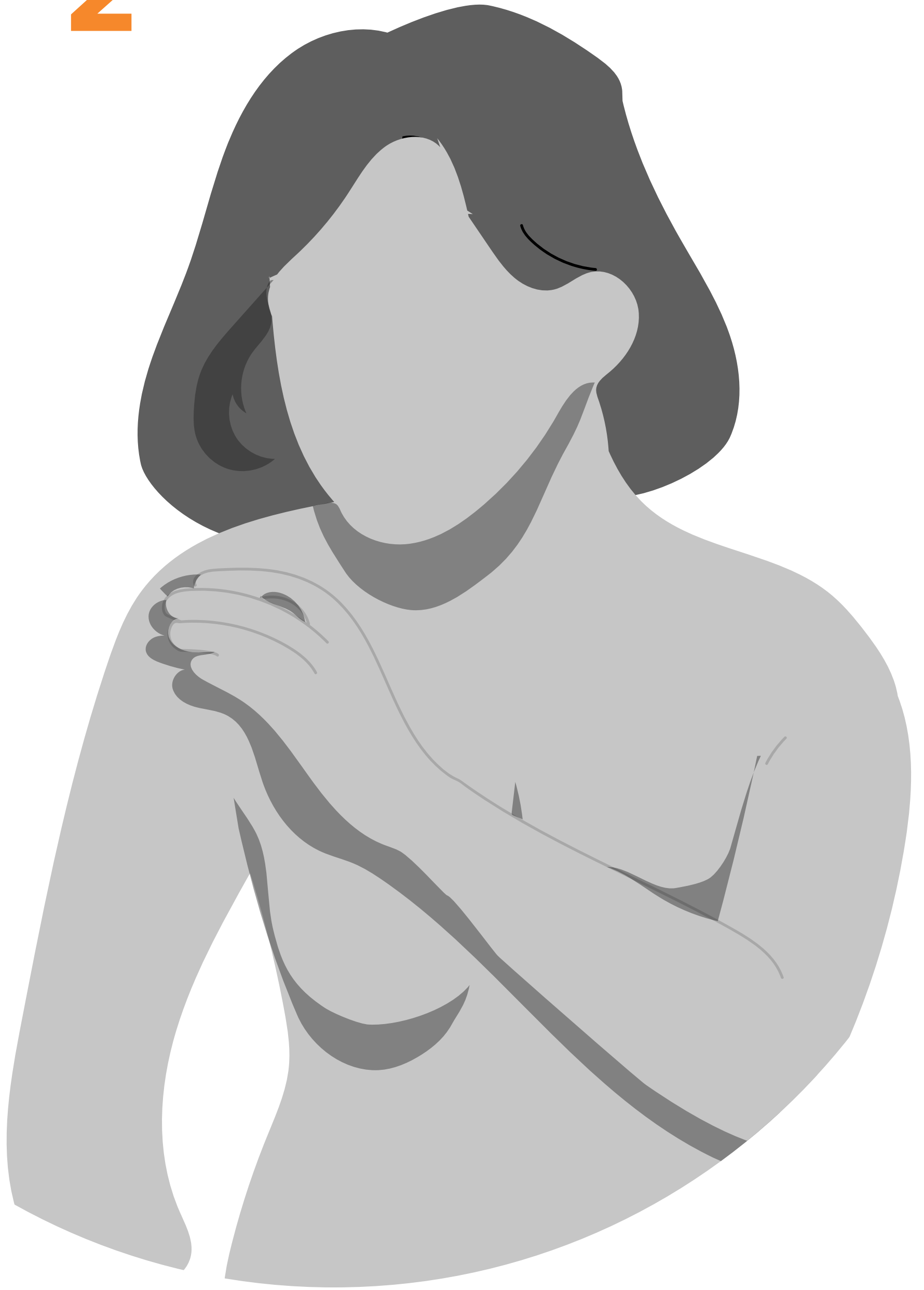
Performing this
monthly self-exam
can help you stay
one step ahead of
any possible skin
cancer formation.

STEP 1



Begin with your face, ears, head and neck, using mirrors to inspect from all directions. Ask your hair stylist or barber to examine your scalp, too.

STEP 2



Examine the skin
on your torso and
shoulders.
Remember to check
the skin folds.

STEP 3



Inspect each arm, including the underarm, forearm and elbow. Continue down to the hand, checking each finger and fingernail.

STEP 4



Using a full-length mirror and hand mirror, examine your back, buttocks and backs of your legs.

STEP 5



In a seated position, finish checking your legs. Raising one foot at a time, inspect each foot, top and sole, and between the toes. Using a hand mirror, examine the genital area.



WHAT TO LOOK FOR:

- A growth that increases in size and appears pearly, transparent, tan, brown, black or multicolored
- A mole, birthmark or brown spot that increases in size, thickness, changes color or texture, or is bigger than a pencil eraser
- A spot or sore that continues to itch, hurt, crust, scab or bleed
- An open sore that does not heal within three weeks

**If you see
something
new, changing
or unusual, get
checked by a
dermatologist
right away.**

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