

= Skin cancer =

HOW & WHERE to LOOK?

Skin cancer can be seen, and knowing your skin can make the difference. **Check your skin regularly** and look for changes, because skin cancer can be treated if caught early enough. Always **consult your dermatologist** in case of doubt.



Make a habit of checking your skin once a month.
So screen your entire body, front and back, preferably in front of a full-length mirror.



1. Look at your face, including nose, lips, mouth, on and behind the ears.



2. Check your scalp, using a comb to part your hair in layers. Men: in case of baldness, check your scalp thoroughly.



3. Check your hands, front and back and in between the fingers.



4. Next, focus on the neck, chest and upper body. Women: check between and underneath your breast.



5. Lift your arm to check your upper arm and armpits.



6. Use a small mirror to check the back of your neck and your back.



7. Check your buttocks and the back of your legs. Finish by checking between the toes and the soles.

And remember :

At the first sign of something out of the ordinary, please consult your dermatologist.
More information about the different kinds of skin spots, their signification and treatment, on



www.euromelanoma.org
www.sante.lu