



# It's time for your spot check.

Prevent skin cancer by giving yourself monthly skin exams. Look for any new growth or changes in your skin.

Examine head and face, use blow dryer to examine scalp

Check hands, including nails

In full-length mirror, examine elbows, arms, underarms

Focus on neck, chest, torso

Women - check under breast

Inspect back of neck, shoulder, upper arms, back, buttocks, and legs

Check feet including soles, heels and nails