

Skin Self-Exams

A skin self-exam is a visual inspection that you do of your skin. It is a way for you to notice any bumps or spots that look abnormal in color, size, shape and texture.

The American Cancer Society recommends that you do a skin self-exam every month. Between the ages of 20-40, you should have a clinical skin exam to screen for cancer every 3 years. After age 40, you should be examined every year.

How To Do A Skin Self-Exam

Do a skin self-exam after a shower or bath in a well-lit room.

- Stand undressed in front of a full mirror and look at the front and back of your body.
- Raise your arms and check your left and right sides.
- Thoroughly check your entire body including the tops and bottoms of your feet, between your toes, your neck, ears, back of your legs, the undersides of your arms, your face, lips, etc.
- Examine your back and buttocks using a hand mirror.
- Check your moles for any changes in size or color.

If you notice any unusual or suspicious changes to your skin, make an appointment to see your doctor immediately.

For more information on skin cancer, visit anthem.com. Also visit the following sites:

National Cancer Institute - www.cancer.gov

American Cancer Society – www.cancer.org

Centers for Disease Control and Prevention – www.cdc.gov

National Institutes of Health – www.nih.gov

Sources:

National Cancer Institute, www.cancer.gov

American Academy of Dermatology, www.aad.org

American Cancer Society, www.cancer.org

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.

