



# SKIN EXAMS

## HOW YOU CAN HELP

The skin is the largest organ of the human body and, while we do our best to provide you with a comprehensive skin check, it is difficult to examine every inch of your skin. Some skin cancers might also be in the early stages of evolution and cannot be detected. It is therefore important for you to regularly examine your own skin. If you find any lesions that are new, changing, or different from the others, please notify your doctor.

### HOW YOU CAN HELP MAKE THE SKIN EXAMINATION EASIER

The scalp can be difficult to examine, especially if you have lots of hair. If you have a concerning mole on your scalp, please localise it before your consultation. At home, use a hand mirror to check the back of your neck, ears and scalp.

Many skin cancers are found on the face. To help us examine your skin better, please do not wear makeup or lipstick to your consultation.

Although rare, skin cancer can occur under the nail beds. Please do not wear nail polish to your consultation. During a self-examination at home, look carefully at your arms, elbows, hands, fingers and nails.

Examination of your genitals is not routinely done. Skin cancer can still develop in areas that are not exposed to the sun, so please advise your doctor of any suspicious lesions in this area. At home, examine your genitals, buttocks and back. Ask a family member or your partner for help.

Your doctor will also examine the back of your legs, feet, between your toes, and your soles. You should follow the same process at home every three months.

