



## How to Perform an At-home Skin Exam:

Performing a regular skin exam at home is an important practice for detecting any changes or abnormalities on your skin that may indicate skin cancer or other skin conditions. Here's a step-by-step guide on how to perform a thorough skin exam at home:

**Choose a Well-Lit Room:** Pick a room with good lighting where you can see your skin clearly. Natural sunlight or bright artificial light is best for examining your skin.

**Use a Full-Length Mirror:** Stand in front of a full-length mirror so you can see your entire body, including your front, back, and sides.

**Check Your Entire Body:** Start by examining your face, neck, chest, and abdomen. Then, move on to your arms, including the undersides and palms. Next, examine your legs, including the soles of your feet and the spaces between your toes. Finally, use a hand mirror to check your back and other hard-to-see areas.

**Examine Your Skin:** Look for any moles, birthmarks, freckles, or other spots on your skin. Pay attention to the size, shape, color, and texture of each spot. Use the **ABCDE rule** to identify any suspicious moles:

- **Asymmetry:** One half of the mole does not match the other half.
- **Border:** The edges of the mole are irregular, blurred, or poorly defined.
- **Color:** The mole has uneven coloring or multiple colors, such as shades of brown, black, blue, red, or white.
- **Diameter:** The mole is larger than the size of a pencil eraser (about 6 millimeters) or is growing in size.
- **Evolution:** The mole is changing in size, shape, color, or texture over time.

**Note Any Changes:** Keep track of any new moles or spots, changes in existing moles or spots, or any symptoms such as itching, bleeding, or pain.

**Check Your Scalp:** Use a comb or hair dryer to part your hair and examine your scalp for any unusual spots or changes in skin texture. You may need the help of a family member or friend to check areas that are difficult to see.

**Don't Forget Your Nails:** Examine your fingernails and toenails for any discoloration, lines, or changes in shape. Pay attention to the nail beds and surrounding skin as well.

**Seek Medical Attention if Necessary:** If you notice any suspicious moles or spots during your skin exam, or if you have any concerns about changes in your skin, **contact us at 952-920-3808 to schedule an appointment.**

**Repeat Regularly:** Perform a skin exam at home regularly, ideally once a month, to monitor for any changes in your skin over time.

Remember that early detection is key to successful treatment of skin cancer and other skin conditions. If you have a history of skin cancer or are at increased risk due to factors such as fair skin, a family history of skin cancer, or excessive sun exposure, it's especially important to perform regular skin exams and see a dermatologist for professional skin screenings.