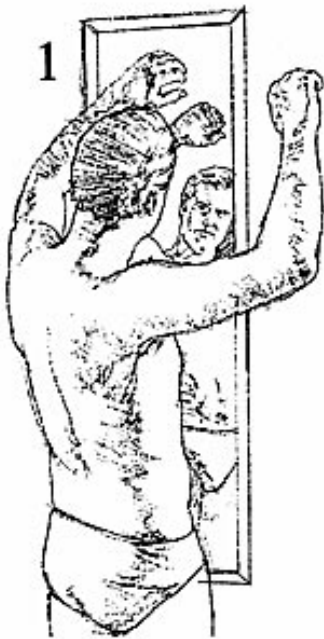


Monthly Skin Self-Examination



1. Examine your body, front and back, in the mirror, then the right and left sides with arms raised.



2. Examine back of neck and scalp with the help of a hand mirror—part hair or use blow dryer to lift hair and give you a close look.

3. Check back and buttocks with hand mirror.

4. Bend elbows and look carefully at forearms, upper underarms, and palms.

5. Look at backs of the legs and feet, including the soles and spaces between toes.

