Monthly melanoma self-check

Use these steps to check your skin once a month.

- [ ] Check your skin once a month, ideally after a bath or shower.
- [ ] Use a full-length mirror and a hand mirror in a well-lit room.
- [ ] Look at palms, soles, between fingers and toes, and bare nails.
- [ ] Part your hair to check the scalp, or ask a partner to look.
- [ ] Compare each spot with the ABCDE signs and look for an ugly duckling.
- [ ] Photograph any new or changing spot with dated notes.
- [ ] Book a clinician visit for any spot that changes, bleeds or does not heal.
- [ ] Ask a healthcare team how often to check if your risk is higher.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/cancer/how-to-check-for-melanoma/