

Have you done your self-check recently?



It's easy, just follow these five simple steps every month:

1

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



2

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



3

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



4

Examine the back of the neck and head with a hand mirror. Part your hair for a closer look.



5

Finally, check your back and buttocks with hand mirror.



That's It!

Skin cancer can show up on parts of your body that are not always exposed to the sun, so make sure you check your armpits and the bottoms of your feet!



**Canadian
Skin Cancer
Foundation**

www.canadianskincancerfoundation.com