



Skin Cancer Screening Overview

Screening starts with YOU! It is important to check your skin at least once a month. If you do this on a regular basis, you will know what is normal for your skin and be able to spot anything abnormal rather quickly.

You can perform a skin self-exam in front of a full-length mirror and with the aid of a small hand-held mirror to help you check the hard-to-see places. A family member or close friend can help you check places that are impossible for you to see yourself, like your scalp.

It is normal to have blemishes, freckles or other marks – but if you see a change in the pattern or size, you should consult your doctor.