



Self-Check Guidelines for Skin Monitoring at Home

Frequency

- Perform a head-to-toe self-examination of your skin every 6 to 8 weeks.

Preparation

- Best time to do the self check is after a shower when you are already undressed
- Undress completely and ensure you are in a well-lit area
- Have a partner help check hard-to-see areas like your back and shoulders, or use mirrors for those spots

What to Look For

- New spots, freckles, or moles
- Changes in the colour, size, or shape of existing spots or moles
- Spots that itch, bleed, crust, scab, or do not heal within two to three weeks
- Spots or moles that look different from others (the “Ugly Duckling” rule)
- Use the ABCDEs of melanoma as a guide:

A

Asymmetry:

One half of the spot doesn't match the other

B

Border:

Irregular, jagged or blurred edges

C

Colour:

Uneven colour or multiple shades

D

Diameter:

Larger than 6mm

E

Evolving:

Changing in size, shape, or colour



Step-by-Step Self-Exam

- Examine your face, including nose, lips, mouth, and ears (front and back)
- Inspect your scalp thoroughly, using a blow dryer and mirror
- Check your hands, including palms, backs, between fingers, and under nails
- Scan your arms, underarms, and both sides of your forearms
- Inspect your neck, chest, torso, and under breasts
- Use mirrors to check your back, shoulders, buttocks, and backs of your legs
- Sit to inspect your legs, feet (tops, soles, between toes, under toenails), and genital area

When to See a Doctor

- If you notice any new, changing, or unusual spots, or if you have concerns about a lesion, consult your GP promptly
- If a lesion is not biopsied but you remain concerned, seek a second opinion

Regular self-checks and familiarity with your skin are key to early detection of skin cancer, which greatly improves outcomes

