

# know your own skin

## How to do a self skin check

Do this regularly, on either the 1st of the month or the 1st day of each season

### Step 1

Undress and stand in front of a full-length mirror.

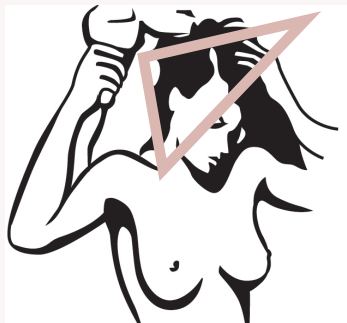
Look at your whole face, including your nose, lips, mouth, ears and behind the ears.



### Step 2

Part your hair layer by layer and check your scalp in the mirror.

You may use a comb or hairdryer for this.



### Step 3

Check your hands. Start with your palms and the back of your hands; look between the fingers and under the fingernails.



Continue down your wrists; look at the front and back of your forearms.

### Step 4

Bend your elbow and check your upper arm and armpit.

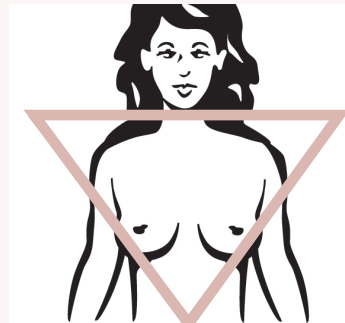
Don't forget to do the same for the other side!



### Step 5

Next, focus on the neck, chest and body.

Women should lift their breasts to see under the skin folds.



### Step 6

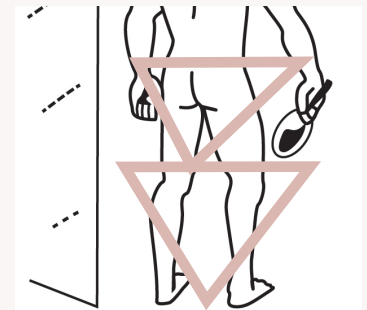
Using a hand mirror, check the back of your neck, shoulders and body.

This is a good time to look at the areas of your upper arms that you could have missed in Step 4.



### Step 7

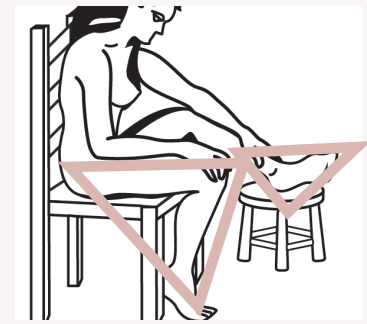
Check your lower back, buttocks and the backs of your legs.



### Step 8

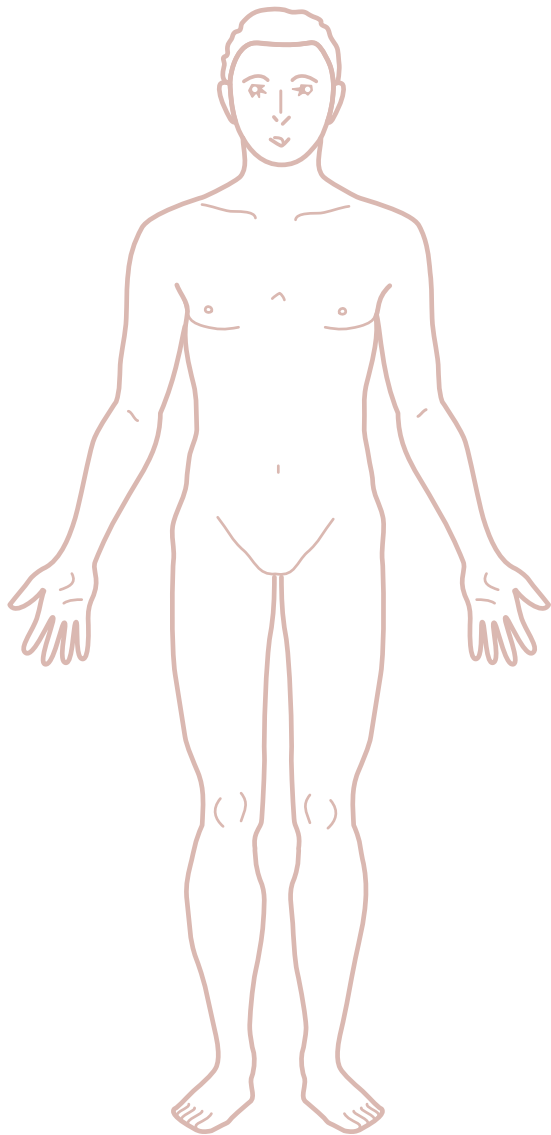
Sit down and prop your leg up on a stool. Examine your groin area with the hand mirror.

Check the front and sides of both legs, the top of your feet, the spaces between your toes, under the toenails, heels and soles.



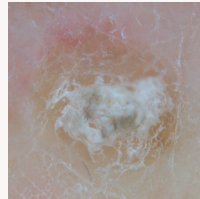
# My body map

Draw what you found here.  
Bring this to your next appointment.

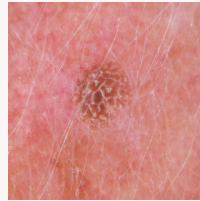


# Warning signs

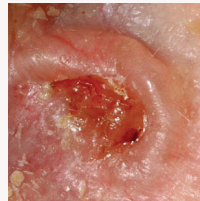
## Checklist



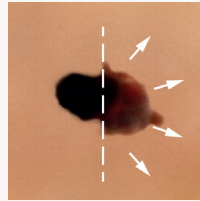
Change in size



Change in shape



Change in colour



Feels like sandpaper

Red/inflamed

Painful

Itchy

Bleeding

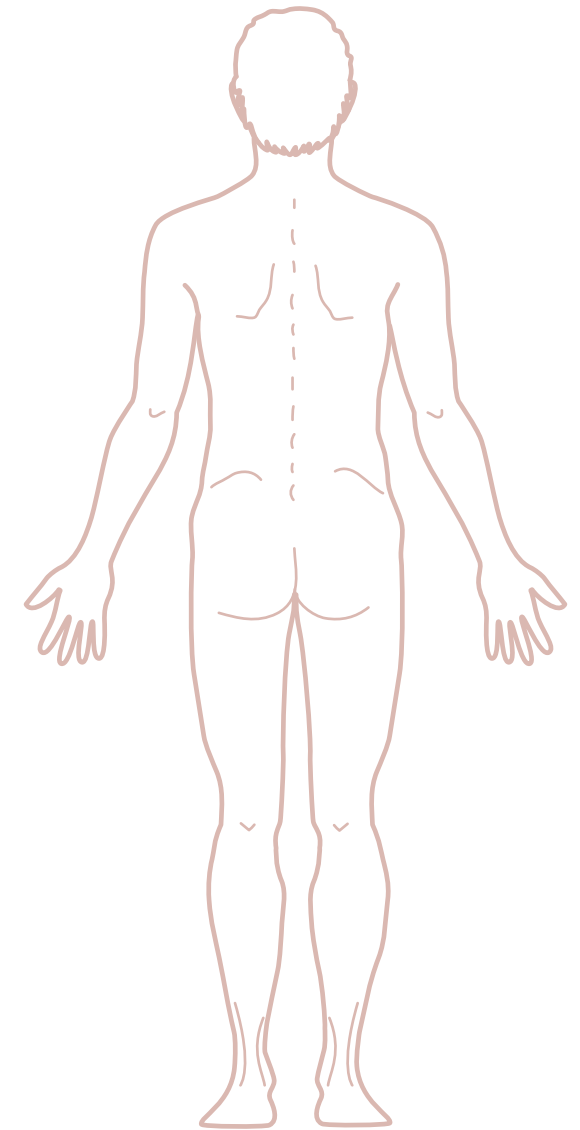
Oozing

See your doctor if you notice any of the features listed above.

**Remember to check  
your partner's skin too**

# My body map

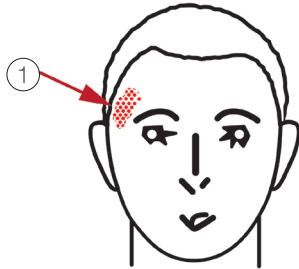
Get your partner, family or friend to  
check hard-to-see areas of your skin.



# How to record your skin check

1. On the body map, draw the rash or spot where you found it, and write the date.
2. Measure its size with a ruler. Describe its appearance (colour, surface, edges, sensation).
3. Record the date of each subsequent skin check and any changes in the spot.

Date: 1/1/2011	Spot No: 1
Description: Red patch, 5x7mm, rough, scaly surface. Irregular borders.	
Date: 1/4/2011	Spot No: 1
Description: Red patch, 10x10mm. Rough and scaly. Painful, itchy.	



4. If you notice any of the warning signs, make an appointment to see your doctor. Take a photograph of the lesion to compare it with later checks.

Record your skin checks here			
Date: _____	Spot No: _____	Date: _____	Spot No: _____
Description: _____		Description: _____	
_____		_____	
Date: _____	Spot No: _____	Date: _____	Spot No: _____
Description: _____		Description: _____	
_____		_____	
Date: _____	Spot No: _____	Date: _____	Spot No: _____
Description: _____		Description: _____	
_____		_____	
Date: _____	Spot No: _____	Date: _____	Spot No: _____
Description: _____		Description: _____	
_____		_____	
Date: _____	Spot No: _____	Date: _____	Spot No: _____
Description: _____		Description: _____	
_____		_____	

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