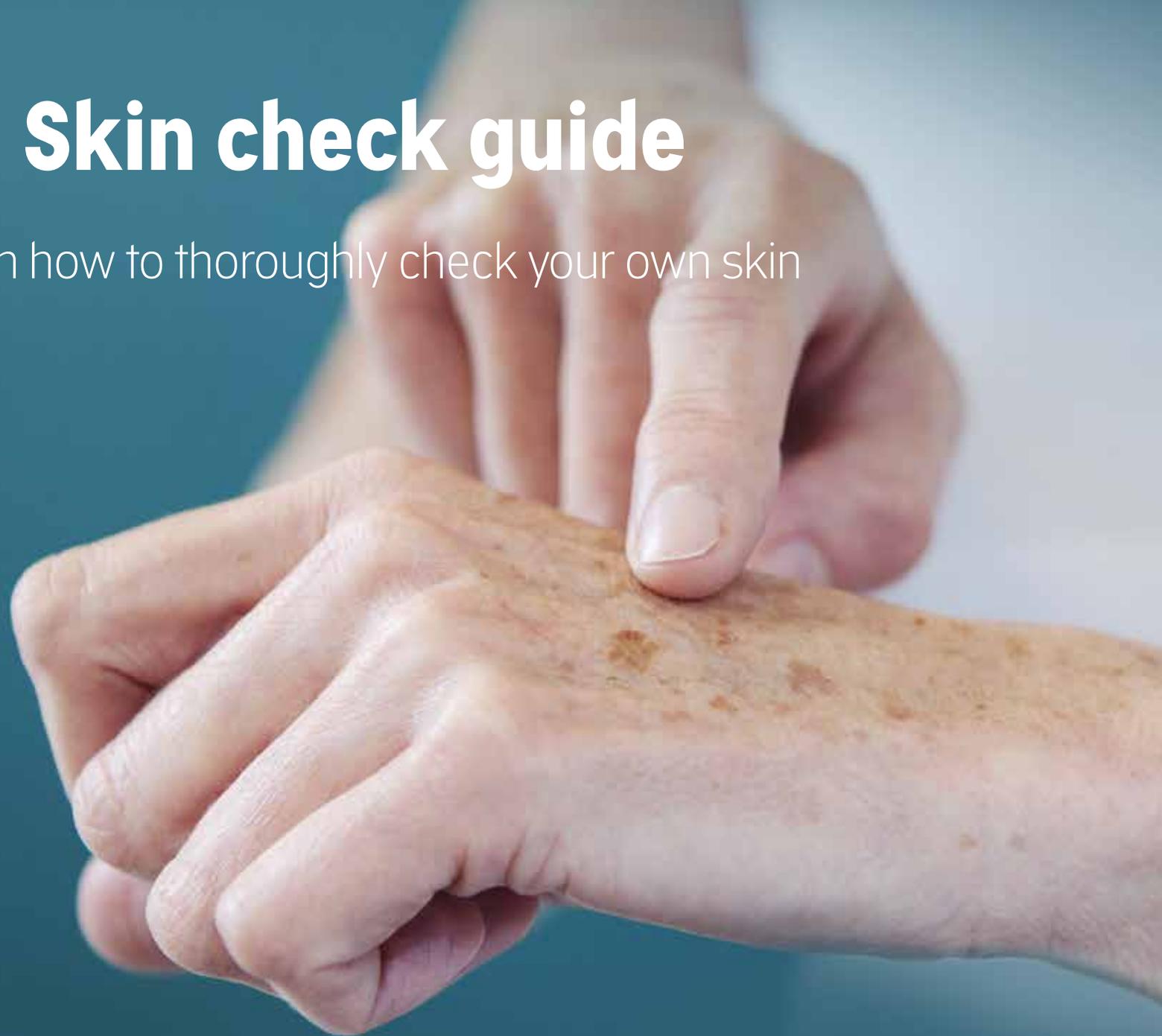


Skin check guide

Learn how to thoroughly check your own skin



QualityCare™

How to perform a skin check

Why is it important to check your skin regularly?

The earlier damaged skin is detected, the better your chances of successfully treating it. By checking your skin regularly, you can increase your chances of catching skin changes such as Solar Keratoses early. It's a good idea to make skin checks part of your regular health routine by doing them on the first day of each season.

What you need:

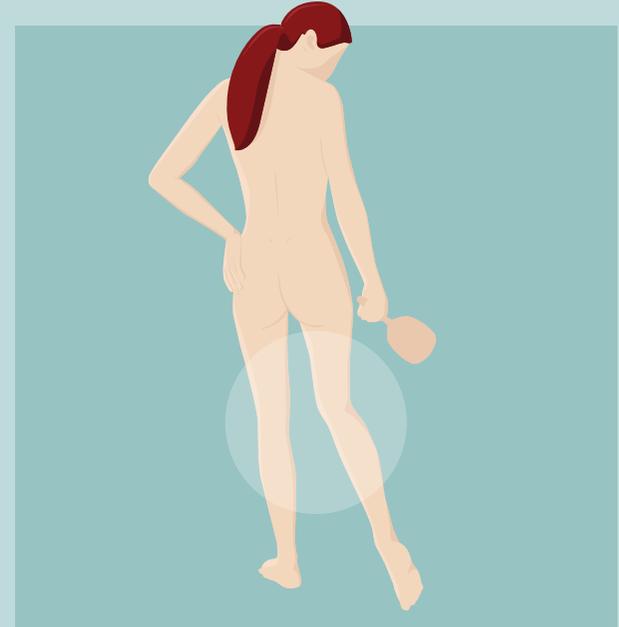
- A full-length mirror
- A well-lit room with a suitable temperature
- A hand-held mirror
- A chair
- If possible – a partner or friend to help

Look and feel for one or more of the signs below:

- New rough spots or patches
- Changes in size, shape or colour of existing spots
- Spots that look like a wound that does not heal
- A sandpaper-like feel
- Rough or dry skin that does not go away
- Redness
- Itching
- Bleeding

Don't forget to:

- Feel your skin with your fingers to check for any unusual changes
- Get a partner or friend to check the areas that are difficult to see



8 steps to checking your skin

Follow the steps below to check your body for damaged skin. Then mark anything you find on the next page. Start by undressing and standing in front of a full-length mirror.

Step 1



Undress and stand in front of a full-length mirror. Check your whole face including your nose, lips, mouth, and on and behind the ears.

Step 2



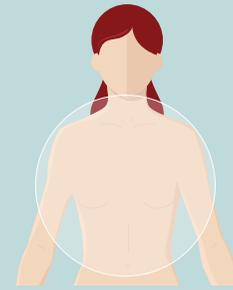
Check your scalp using a comb or hair dryer to part your hair in layers. If you do not have much hair, be sure to check your entire scalp very thoroughly.

Step 3



Check the front and back of your arms, beginning from your armpits and moving down through the elbow to your wrists. Don't forget to check both sides of your arms.

Step 4



Check your hands. Start with the back of your hands and at the surface and between the fingers.

Step 5



Now focus on your neck, chest and full torso.

Step 6



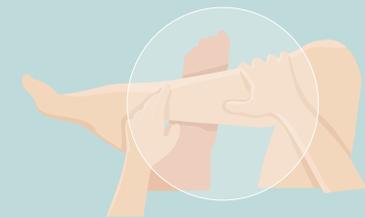
Turn your back to the full-length mirror and use a hand mirror to check your back, starting at the neck and shoulders and moving down to your lower back. Check the areas of your upper arms you may have missed in Step 3.

Step 7



While still with your back to the mirror check the back of your legs, down to the heels. Turn around, facing the mirror once more check the front of your legs and the top of your feet.

Step 8

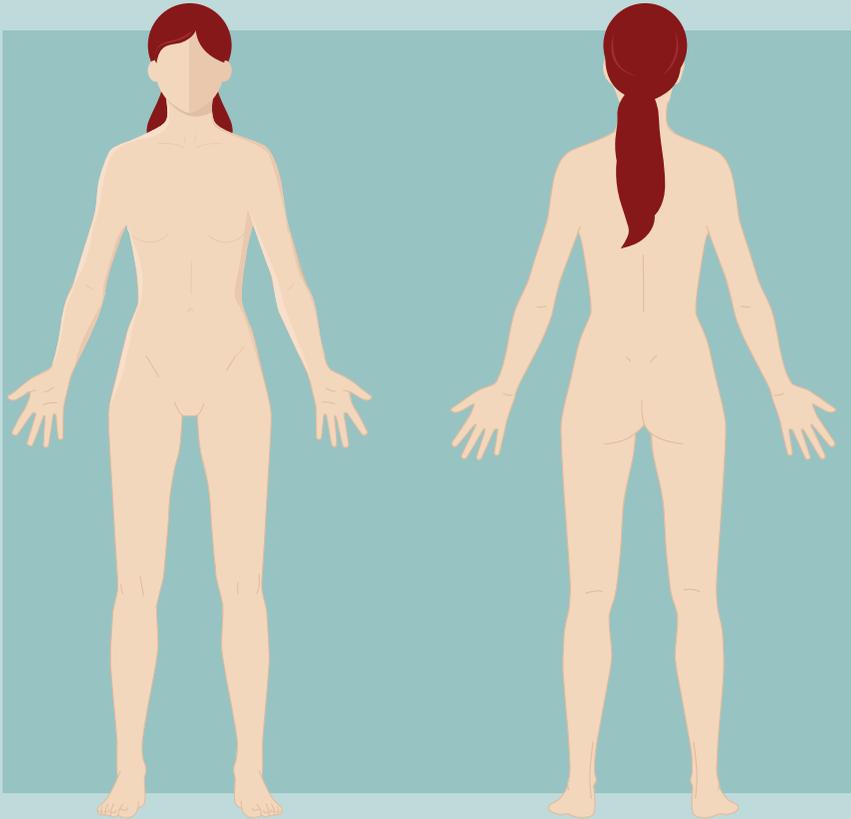


Finish by sitting on a chair to check your feet and in between your toes.

Document any spots or changes

Found anything?

Mark any spots or patches and any types of lesions you find with numbers on the body map. Then describe each of them in the boxes below.



Talk to your doctor

If you discover any skin changes, it is important to let your doctor know in order to determine if the skin changes should be treated.

Patch no. 1

Date found: _____

Description: _____

Patch no. 2

Date found: _____

Description: _____

Patch no. 3

Date found: _____

Description: _____

Patch no. 4

Date found: _____

Description: _____

Patch no. 5

Date found: _____

Description: _____

Patch no. 6

Date found: _____

Description: _____

Talk to your doctor

Recognizing skin changes relating to sun damage is an important first step, but don't forget to ask relevant questions when you get to your doctor's appointment.

Knowing what your skin changes mean and how they might be treated is part of maintaining a healthy skin.

Your doctor will have some questions to ask you. You may want to think through the answers to these questions before your visit:

- When did you first notice any skin changes?
- Have you noticed similar lesions elsewhere on your body?
- Is the lesion painful/itchy/uncomfortable?
- Do you often get sunburnt or did you get sunburnt often or badly as a child?
- How much time do you spend outside?
- When outside in the sun, do you usually cover up with a hat and long sleeves?
- Do you routinely use sunscreen of factor 30 or higher?
- Do you use or have you used sunbeds?
- Have you received treatment for sun damaged skin or skin cancer before?

If your doctor offers a diagnosis, here are some questions you might consider asking:

- Will I need any tests to confirm the diagnosis?
- How long will I have to wait for the results?
- What will happen when the diagnosis is confirmed?
- What are the next steps?

Your notes:

