



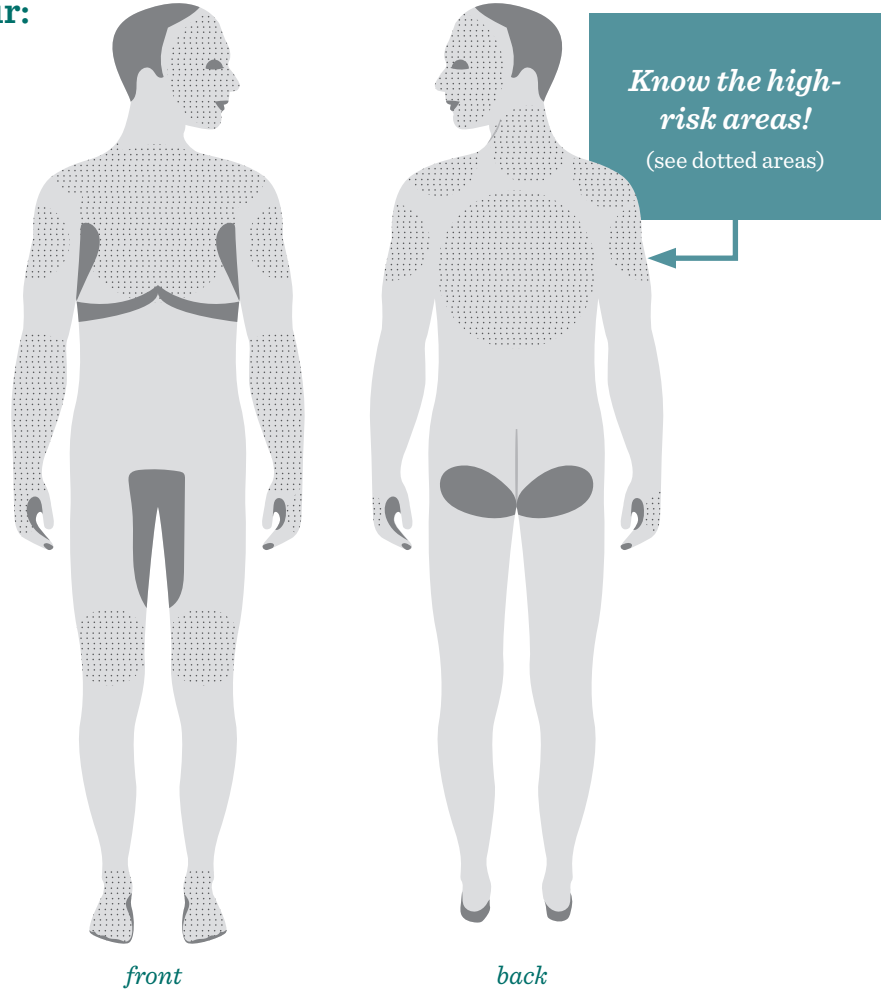
Dermatologist Checklist

Yikes! Did you know?

During a skin check, the dermatologist might miss these parts of your body. *You can be your own advocate at the derm.*

Make sure your derm looks at your:

- Scalp
- Ears: inside and outside
- Eyelids
- Lips
- Armpits
- Under breasts
- Palms of hands
- Fingernails and toenails
(remember to remove any nail polish!)
- In between fingers and toes
- Buttocks
- Genitals
- Inner thighs
- Bottoms of feet



Skin cancer can appear anywhere!

If you think your derm missed something, it's okay to ask for a more thorough check.

Other questions to ask:

- Are there any moles or areas that are concerning?
- Are there any areas of my body that I should ask my gynecologist to check?
- Do I have any risk factors for skin cancer?
- What sunscreens do you recommend?
- I work outside and sometimes can't avoid the sun. How do I protect myself?
- How will I get vitamin D if I use sunscreen?

Skin cancer IS cancer. It is serious! But remember, most skin cancers are preventable. Keep yourself safe with regular skin checks and sun safety!

SkinCancer.net