

# LET'S GET REAL ABOUT SKIN CANCER

An educational program about advanced non-melanoma skin cancers

REGENERON

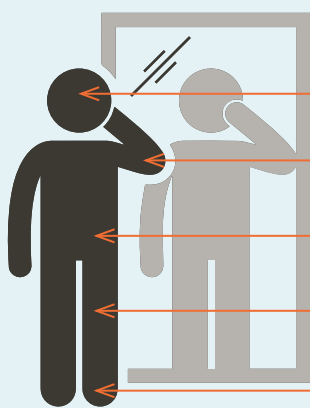
## Your Skin Check Up

### Preparing for Self Examinations at Home and at the Doctor

Early detection is the key to diagnosing and treating skin cancer in its early stages - when it has the greatest chance of being curable.<sup>1</sup> Once a case advances, it can be difficult to treat and associated with a relatively higher risk of returning with poorer outcomes.<sup>1,2</sup>

A good way to be proactive about your skin health is to regularly check your skin at home and schedule a skin cancer screening exam with a dermatologist.

### How to Conduct a Self-Exam at Home<sup>3</sup>



Undress and examine your body in a full-length mirror (front, back and sides with arms raised)

Use a hand mirror to examine your neck and scalp

Look at your underarms, forearms, and palms

Use a hand mirror to check your back and buttocks

For hard-to-see areas like the scalp and back of the thighs, ask a friend or family member to help<sup>4</sup>

Look at your legs, between your toes, and soles of your feet

### Preparing for a Skin Exam at the Doctor<sup>5</sup>

#### Before the Exam



Perform a self-exam in the mirror. Capture notes or photos of any new, changing or unusual moles and spots on your body to point out to your dermatologist.



Remove nail polish from finger and toenails so the doctor can fully examine fingers, nails and nail beds, as this is an area where skin cancers can form.



Wear hair down. Remove buns or hair clips so your doctor can get a good look at your scalp.



Remove makeup or pack makeup remover so skin on your face is easy to examine.

#### What to Expect During the Exam



The exam will take about 10 minutes.



You will be required to disrobe and change into a medical gown.



The doctor may use a magnifying tool called a dermatoscope to get a close look at the outer surface of the skin (the epidermis) and the layers just below it.



Your dermatologist will walk you through any next steps if they notice a suspicious spot.

## Questions to Ask Your Dermatologist

- Share your current skincare routine and ask if there are any changes your dermatologist recommends based on your skin type (such as adding daily sunscreen).
- Ask for practices to integrate into your daily routine to reduce your risk of skin cancer.
- Ask for help identifying changing or unusual marks or spots at home.



Visit [LetsGetRealAboutSkinCancer.com](https://www.letsgetrealaboutskincancer.com) to learn more about non-melanoma skin cancer and to take a pledge to see a dermatologist for your annual skin check.

1. Cancer.net Skin Cancer (Non-Melanoma): Introduction. <https://www.cancer.net/cancer-types/skin-cancer-non-melanoma/introduction>  
2. American Cancer Society, Basal and Squamous Cell Skin Cancer Risk Factors. <https://www.cancer.org/cancer/basal-and-squamous-cell-skin-cancer/causes-risks-prevention/risk-factors.html>  
3. American Academy of Dermatology Association, Detect Skin Cancer: How to Perform a Skin Self-Exam. <https://www.aad.org/public/diseases/skin-cancer/ind/check-skin>  
4. American Cancer Society, How To Do A Skin Self-Exam. <https://www.cancer.org/cancer/risk-prevention/sun-and-uv/skinexams>  
5. Skin Cancer Foundation, Annual Exams. <https://www.skincancer.org/early-detection/annual-exams/>