

Step 1



Examine body front and back in mirror, then right and left sides, arms raised.

Step 2



Bend your elbows. Look carefully at forearms, back of upper arms, and palms.

Step 3



Next, look at the back of your legs and feet and spaces between your toes and soles.

Step 4



Examine the back of your neck and scalp with a hand mirror.

Step 5



Finally, check your back, buttocks and genital area with a