



Get your Full Body Skin Exam Before the New Year!

Have you had your annual full body skin examination yet? Regular self-skin exams and a yearly examination by a dermatologist are key in helping people find early skin cancers. Skin cancer is the most common cancer in the United States; in fact, 1 in 5 Americans will develop skin cancer in their lifetime. As a dermatologist, I can help you to detect skin changes by performing a full body skin examination. The exam is a thorough process where the dermatologist looks at your skin from head to toe. It's a painless process and establishes a baseline which helps us recognize future change. You can perform your monthly self-skin examination at home in a fast five minutes. In a room with good lighting, look for changes in size, shape, or color of any new or existing spots. You may need to utilize a mirror to get the best view. I always tell patients to pick their favorite number and use that as their monthly skin check day. Others choose to set an alert in their calendar to help them remember it is time to do a check. It's a great opportunity to involve your spouse-help each other with those hard-to-see areas! If you should happen to find an area that you think may have changed, simply schedule a quick visit so that we may consult together. As the start of a new year approaches, let us help you achieve your best health!

Happy Holidays!

-Dr. Kimberly Radloff

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