

Monitoring Your Fingernails and Toenails

Knowing the signs & symptoms is half the battle! It is important that you monitor your body to detect any red flags for early cancer detection.

FREQUENCY

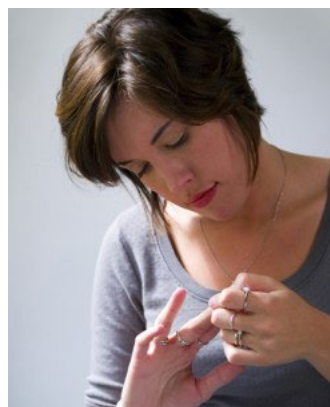
Monthly or every time you remove nail polish

PREPARATIONS

- 🔍 Know the **nail signs and symptoms**.
- 🔍 Nail polish remover

EXAMINATION

- 🔍 Remove nail polish from fingers and toes.
- 🔍 Check your fingernails and toenails for any of the signs and symptoms.



NOTICE A CHANGE? HERE'S WHAT TO DO NEXT:

- 🔍 Should you spot any signs, consider them a “red flag”. It does not mean you have cancer. If signs do not disappear within one week, contact your medical team for a professional evaluation.



Need help building a habit for spotting cancer early?



DISCLAIMER

None of the information on this website is meant to take the place of a comprehensive medical exam or substitute for screening/testing.

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