

A Guide to Every Doctor's Appointment You Should Make in 2019



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5 Dermatologist

"An annual skin check should be a priority," dermatologist [Hal Weitzbuch](#), MD, MS, FAAD, told POPSUGAR. "Self-exams are very important to find irregular lesions early, but there is no one better than a board-certified dermatologist to examine your skin to [look for early skin cancers](#)." That includes basal cell carcinoma, which while not as scary as melanoma, is [the most common form of skin cancer](#). Dr. Weitzbuch suggests coming to your appointment without makeup or nail polish and bringing a list of any concerns or questions you have for your doctor.