

# How to Take and Send Photos to Your Doctor

To help your doctor assess your health concern, use these tips to ensure your photos are clear and useful for your doctor.

- Take photos in a brightly lit room or in daylight to avoid shadows.
- Avoid using a flash.
- Have someone else take the photo, when possible.
- Hold the phone or camera steady to prevent blurry photos.
- Point the phone or camera directly at the area of concern. Take 2 photos, one up close and one with some distance in between

## What to include in the message

- We suggest you include the following details about your health concern with your attached photos:
- Location. For example, "right arm between the elbow and the shoulder."
- Size. For example, "about 2 inches wide."
- Colour. For example, "light pink" or "dark red."
- Duration. How long you've had the problem, has it changed over time (size, shape, colour).
- Symptoms. Describe briefly. For example, "rash is bumpy and rough, swollen or inflamed, burning, itching, very sensitive, and painful."
- Attempts at treating. What, if any, home or other treatment you have tried? How successful were they?

For more advice please visit: <https://www.derpics.com/home>