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PATIENT & CAREGIVER EDUCATION

# Tips for Taking Pictures to Share with Your Healthcare Provider

This information will help you take better pictures to share with your healthcare provider.

Sending clear pictures will help your healthcare provider see how you're healing or if there are any problems with the area. You may need to have someone help you take your pictures.

For more information, read our resources *How to Take Pictures of Your Skin for Your Healthcare Provider* ([www.mskcc.org/pe/pictures\\_skin](http://www.mskcc.org/pe/pictures_skin)) and *How to Take Pictures of Your Scalp for Your Healthcare Provider* ([www.mskcc.org/pe/pictures\\_scalp](http://www.mskcc.org/pe/pictures_scalp)).

## 1. Gather your supplies

- A camera or a device with a camera, such as your cell phone.
- A tripod or camera stand, if you'd like to use one.
- A measuring tape or ruler if your healthcare provider asked you to measure the area.

## 2. Set up the background

- Find a place to take the picture where there will be no clutter in the background.
- A solid-color background will help your camera focus so your pictures are clear.
  - If you don't have solid-color background, you can hang up a solid-

color bed sheet or cloth and stand in front of it.

### 3. **Plan the lighting**

- Set up the tripod or camera stand, if you're using one.
- Turn on the flash on your camera. The flash will give you the light you need.
- Make sure light is shining directly on the area you're taking a picture of. If something is in the way of the light, it can cause shadows in the picture.
- Make sure that you, or the person helping you, can hold the camera so that it doesn't cast a shadow on the area you're taking a picture of.
- If your healthcare provider asked you to measure the area, place the tape measure or ruler near the area you're taking a picture of. Don't let the tape measure touch your the are you're taking a picture of, especially if it's an open wound or incision (surgical cut).

### 4. **Take the picture**

- Hold the camera flat and pointed directly at the area you're taking a picture of.
- Hold the camera still while taking the picture.
- If you're using your phone, look at the area you're taking a picture of on the screen. Tap the screen to make your camera focus.
- When you're ready, take the pictures. Remember to take all the views your healthcare provider asked for.
- Check each picture to make sure they're clear. If any of your pictures look blurry or don't show the right area, take that picture again. Don't try to edit the picture.

### 5. **Send your pictures using MyMSK**

You can send your pictures to your healthcare provider using MyMSK (MSK's patient portal). To do this, follow the steps in this section. Save your pictures to your computer. One way to do this is to email the pictures to yourself, open the email, and save the pictures.

- Log onto your MyMSK account.
  - If you don't have a MyMSK account, visit [my.mskcc.org](http://my.mskcc.org), call 646-227-2593>, or call your doctor's office for an enrollment ID to sign up. For more information, watch the video *How to Enroll in MyMSK: Memorial Sloan Kettering's Patient Portal* ([www.mskcc.org/pe/enroll\\_mymsk](http://www.mskcc.org/pe/enroll_mymsk)).
- From your homepage, click on "Messages." Then click on "Compose New Message."
- From the Compose New Message page, click on "General Office Communication."
- Type in the name of your healthcare provider and choose a subject.
- In the text box, write a message to your healthcare provider.
- To attach your pictures, click on "Add attachments" underneath the text box. Open the folder where your picture is saved and click on your picture. Then click the "Open" button. Repeat this step for each of your pictures.
- When your message is ready, click the "Send" button.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

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