



Check your partner – it could save a life.

There are some places on your body you just can't see for yourself.

Melanoma is deadly but can be effectively treated if diagnosed early.

The trunk of the body and back are the most common places for melanoma. However, there are also tricky spots like under a toenail, on the scalp or sole of a foot. Use this helpful guide to check where to look and what to look for. If you find anything, get it checked by a professional ASAP.

1

Examine the body's front and back, sides and with arms raised.

3

Bend elbows and look at forearms, underarms, palms and under the fingernails.

5

Look at the back of the legs and feet - including the soles and in between toes and under the toenails.

2

Now check the back of the neck and scalp. Part the hair to examine the scalp. Check the ears, lips, and nostrils.

4

Check the back and buttocks.



What to look for. The ABCDE of melanoma

A

Asymmetry

One half doesn't match the other

B

Border

Edges are irregular and ragged

C

Colour

Not the same all over or has changed

D

Diameter

Is the spot larger than 6mm or is it growing?

E

Evolving

Change in size, shape, colour, elevation or itching, bleeding or crusting

Please book a regular professional skin check and if you notice a new spot or existing spots change in size, itch or bleed. Have them checked by a professional as soon as possible.