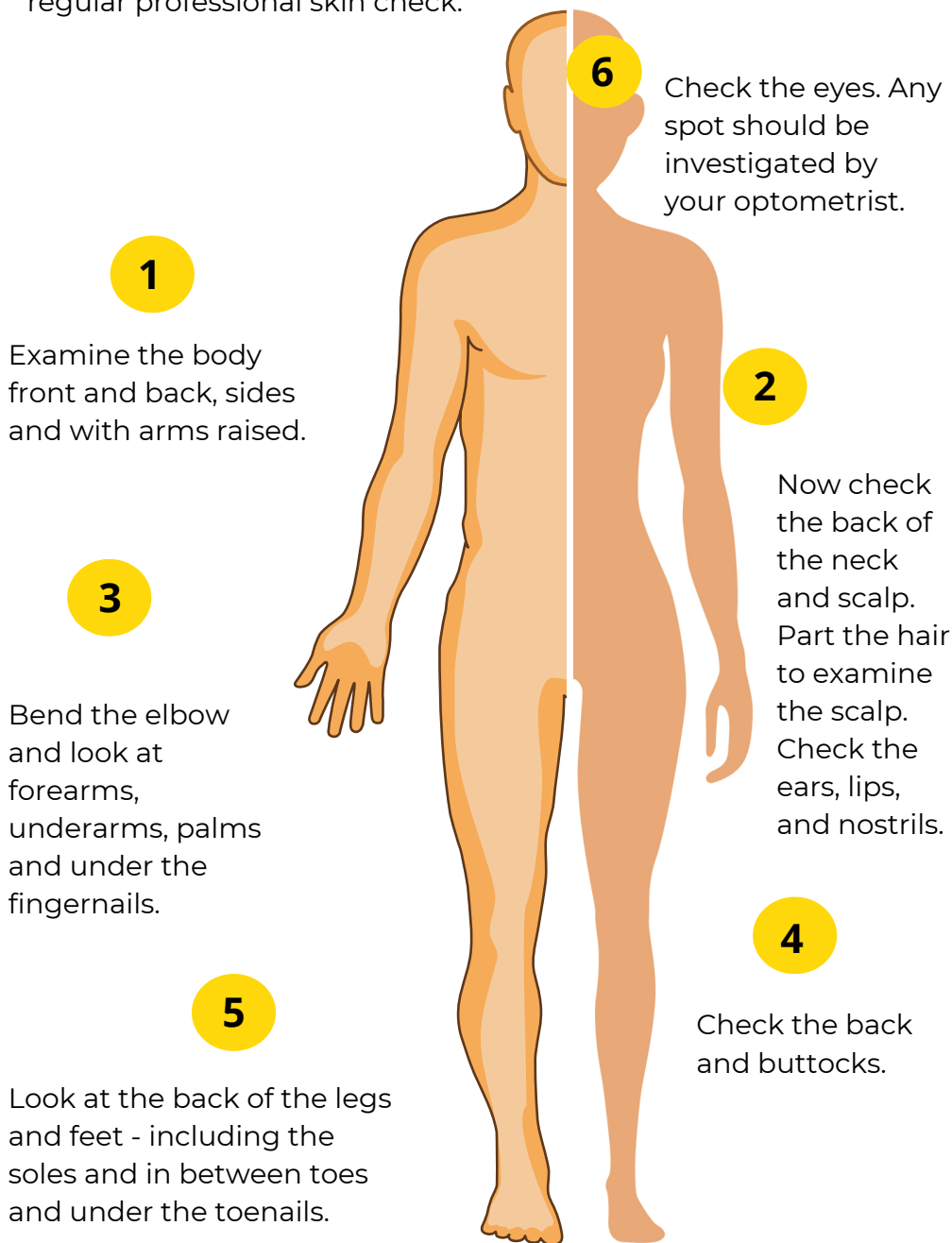




AUSTRALIAN
MELANOMA
RESEARCH
FOUNDATION

Where to check It could save a life.

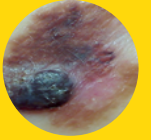
Melanoma is deadly but can be effectively treated if diagnosed early. This is why it's so important to know your skin and if you spot changes, to have them checked out by a professional as soon as possible. Here is a checklist of where to look and what to look for. Some spots are hard to see for yourself so use a mirror or better still - get a regular professional skin check.



What to look for. The ABCDE of melanoma

Asymmetry

One half doesn't match the other



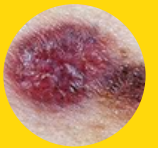
Border

Edges are irregular and ragged



Colour

Not the same all over or has changed



Diameter

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



Evolving

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



See more information
AMRF
website.



Check out
MIA's
*Melanoma
Risk Prediction
Tool.*

- 90% of melanomas can be treated successfully if diagnosed early.
- Melanoma deaths exceed the national road toll.
- Melanoma is the third most common cancer in Australia.
- Every 30 minutes, an Australian is diagnosed with melanoma.