



AUSTRALIAN  
MELANOMA  
RESEARCH  
FOUNDATION

# This Valentine's Day check your partner. It could save a life.

There are just some places on your body you can't see for yourself. Make Valentine's Day the annual date you check each other's hard-to-see spots. If you find anything, get it checked by your doctor or skin specialist. You could save a life.

Melanoma is deadly but can be effectively treated if diagnosed early. Melanoma is known as Australia's national cancer because we have the highest incidence in the world. Use this helpful guide to help in your search.

1

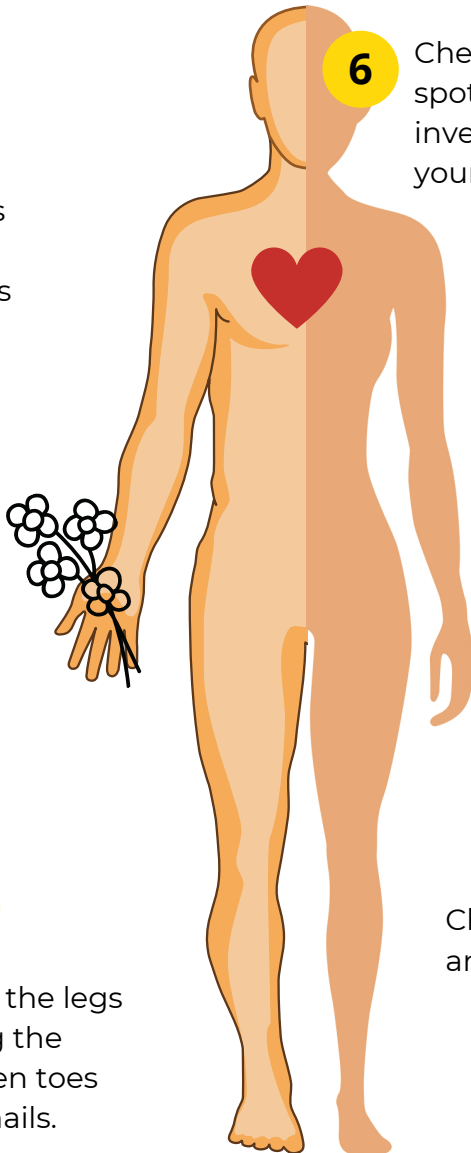
Examine the body's front and back, sides and with arms raised.

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.



6

Check the eyes. Any spot should be investigated by your optometrist.

2

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

4

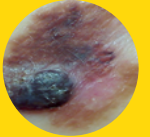
Check the back and buttocks.



## What to look for: The ABCDE of melanoma

### Asymmetry

One half doesn't match the other



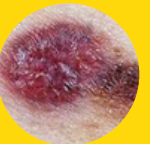
### Border

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 on the 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.