



Check your skin. It could save your 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 check sheet showing 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.

1

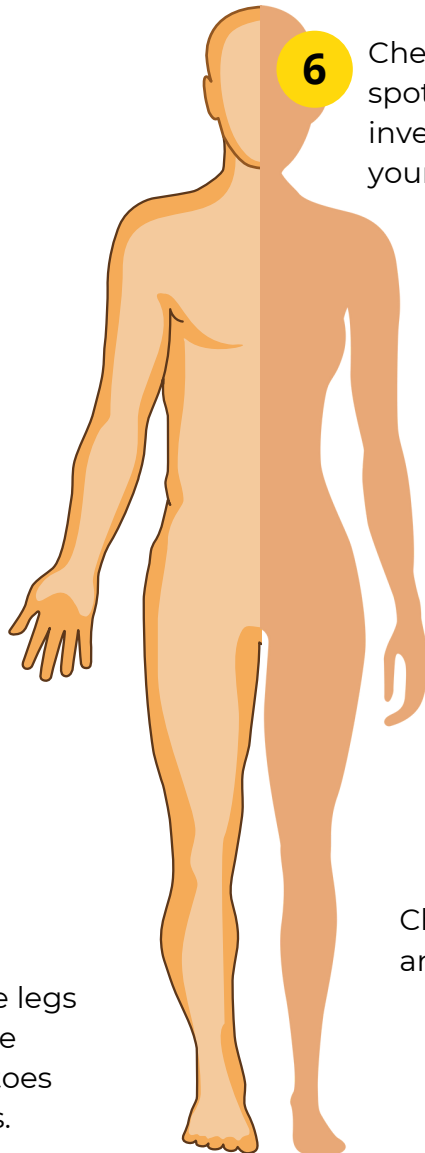
Examine the body's front and back, sides and with arms raised.

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.

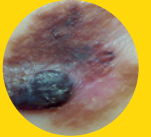
4

Check the back and buttocks.

What to look for: The ABCDE of melanoma

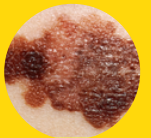
Asymmetry

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.