

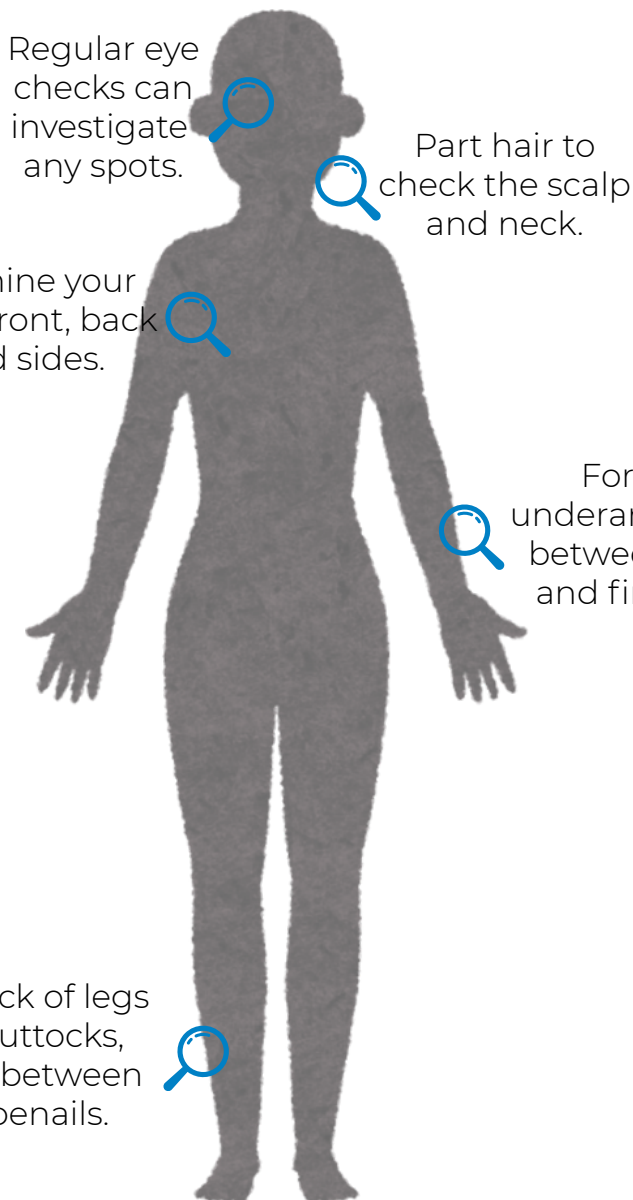


AUSTRALIAN
MELANOMA
RESEARCH
FOUNDATION

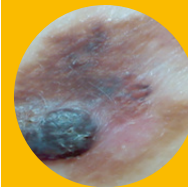
The 5-Minute Skin Check

Melanoma is one of the most serious forms of skin cancer, but when detected early, it can be treated successfully in 90% of cases.

If you notice any new or changing spots, don't wait, have them checked by a healthcare professional as soon as possible.



The ABCDE of Melanoma



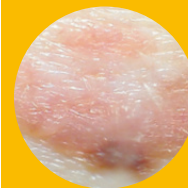
Asymmetry

One half doesn't match the other.



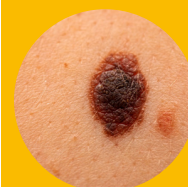
Border

Edges are irregular or jagged.



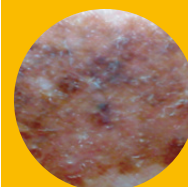
Colour

Uneven colour or colour has changed.



Diameter

Larger than 6mm or growing in size.



Evolving

Change in size, shape, colour, elevation.

Use a mirror for any hard to see areas. Ensure you have a professional skin check regularly.