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MELANOMA
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Melanoma in Australia



One in three Australians will develop a skin cancer. The most dangerous is melanoma.



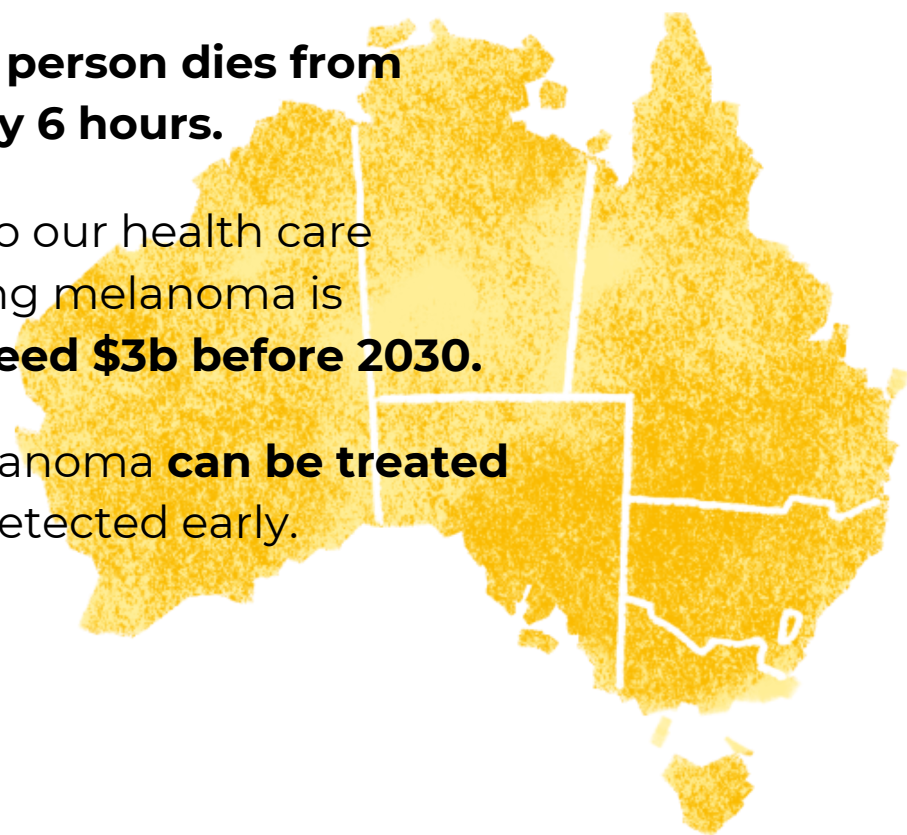
In Australia, **one person dies from melanoma every 6 hours.**



The direct cost to our health care system of treating melanoma is expected to **exceed \$3b before 2030.**

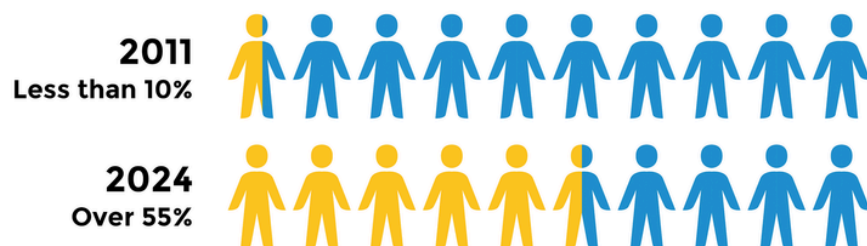


Over 90% of melanoma **can be treated successfully** if detected early.



Breakthroughs thanks to research have significantly increased survival rates for advanced melanoma.

Survival rates of advanced melanoma



Research is saving lives.



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Sun-Safe Spring Check List

Spring is when Australians begin spending more time outdoors, but UV levels rise before temperatures do.

When you step outside, ensure you follow the below check list.



SLIP on UPF 50+ protective clothing



SLOP on SPF 50+ sunscreen and reapply regularly



SLAP on a wide brimmed hat



SEEK shade on high UV days



SLIDE on UV400 rated sunglasses



SCROLL to check the current UV rating for your area

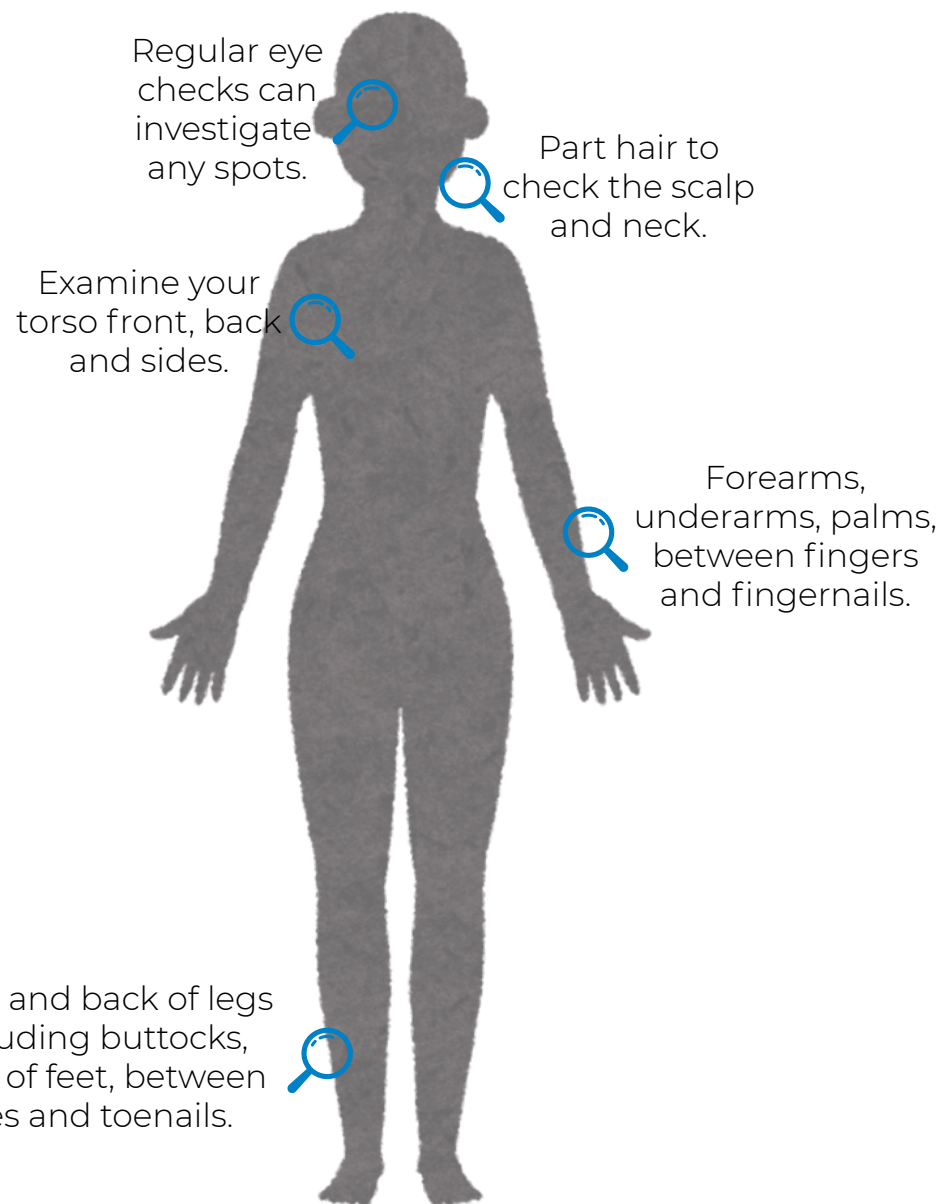


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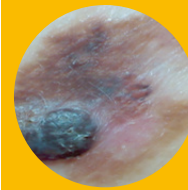
The 5-Minute Skin Check

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.

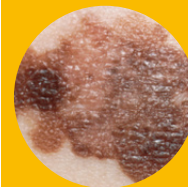


The ABCDE of Melanoma



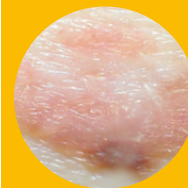
Asymmetry

One half doesn't match the other.



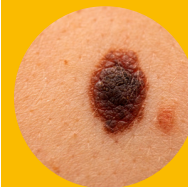
Border

Edges are irregular or jagged.



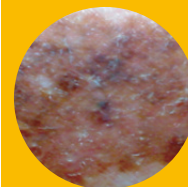
Colour

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.

Heard these **myths** before?



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X *It's cloudy. I don't need sunscreen*

✓ Up to 80% of UV radiation can penetrate light cloud, so your skin is still exposed.

X *I don't burn, I tan, so I'm safe.*

✓ All skin types can develop melanoma. Even if you rarely burn, UV damage still occurs.

X *I'm too young for melanoma*

✓ While the risk increases with age, Melanoma can affect people of all ages.

X *Sunscreen lasts all day*

✓ Sunscreen should be reapplied every two hours.

Research Breakthroughs **Saving Lives**

- 1** **Immunotherapy** has transformed treatment for advanced melanoma.
- 2** **AI** is helping doctors detect melanoma earlier.
- 3** **Blood tests** (liquid biopsies) are showing promise for earlier detection and recurrence monitoring.
- 4** **Australian researchers** continue to lead global melanoma discoveries.

About the Australian Melanoma Research Foundation

The Australian Melanoma Research Foundation is a not-for-profit committed to empowering Australia's next generation of melanoma researchers.

Our mission is to significantly contribute to the prevention, early detection and treatment of melanoma by investing in innovative research that improves outcomes for Australians affected by the disease.

Through competitive research awards for emerging and early career researchers, we support groundbreaking projects that advance scientific discovery and bring us closer to a future free from melanoma.

For more information about our Foundation, please reach out.



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