

Melanoma: The facts at your fingertips

Did you know

- 6 out of 10 melanomas occur in people aged over 55.
- Two Australians aged 55+ die every day from melanoma.
- More than five sunburns in a lifetime can double your chances of developing melanoma.

Are you at risk?

- Are you over 55 years old?
- Do you have fair skin that burns easily, freckles and does not tan?
- Have you had severe sunburn in the past, especially in childhood?
- Do you have many moles on your body?
- Is your hair naturally fair or red? Do you have blue or green eyes?
- Do you have a family history of melanoma?
- Have you been diagnosed with any type of skin cancer in the past?



The good news

- Over 95% of melanomas are treatable if caught early
- You can check your skin in as little as 15 minutes

What you can do

- Check your skin regularly
- Protect yourself in the sun
- Be alert to any new or changing spots on your skin
- See your doctor if you notice any changes



See overleaf for what to look for, and what to do.

What you can do to save your own skin

Melanoma is the most dangerous form of skin cancer. Yet over 95% of melanomas can be cured, if diagnosed and treated early. With a little practice you should be able to check your whole body in just 15 minutes. Ask your partner to help, or talk to your GP.

What to look for

The first sign of melanoma is usually a spot, mole or freckle that starts to look different, or a new spot or lump that wasn't there before. Get to know your skin, so you can learn what's normal for you and what may have changed.

Where to look

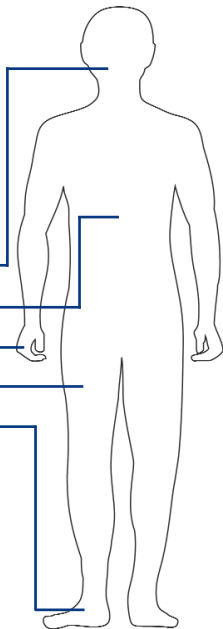
Head, scalp, neck and ears

Body: front, back and sides

Arms, hands, fingers and nails

Buttocks and legs

Feet, soles, toes and nailbeds



What to do

If you notice anything different, or are unsure about something, see your doctor immediately.

To find out more

To get your **FREE** copy of our skin cancer prevention brochures call the Cancer Council Helpline on 13 11 20.

The Cancer Council
Helpline
13 11 20
www.cancerwa.asn.au

