

# melanomaWA SUPPORT & AWARENESS

**melanomaWA aims to reduce the impact of melanoma on Western Australians.**

**We provide support to people affected by melanoma.**

**Our message is that you can live well with melanoma, whatever your diagnosis.**

**We educate the community about sun safety, and prevention and early detection of melanoma.**

## Support Services

Information and support for the newly-diagnosed

We can talk to you about your diagnosis and treatment plan, refer you to other support services if needed, and provide an information pack with printed material about melanoma, treatments, and the wide-ranging supports available.

Monthly Support Group Meetings in Perth, Mandurah and Bunbury, a videoconference meeting for people living in rural areas, and a bimonthly meeting for people with ocular melanoma.

Guest Speaker Program: clinicians specialising in melanoma diagnosis and treatment; dieticians and nutrition experts, researchers, and practitioners of complementary therapies. Rural residents can participate via live web streaming.

Ongoing telephone and face to face support when needed.

Facilitation of one-on-one peer support, connecting people with similar diagnoses and treatment experience.

Financial assistance for people experiencing financial hardship as a result of melanoma treatment.

Informal referral pathways to clinical services and other cancer support organisations.

## Awareness

Workplace and school presentations - our founder and CEO, Clinton Heal, talks about his metastatic melanoma diagnosis at the age of 22, and the importance of prevention and early detection of melanoma and other skin cancers.

Presentations about the work of melanomaWA at professional conferences, seminars, clinician training or learning and development forums.

Community events - eg free skin screening at various locations throughout the year, our annual Melanoma Marches - improving awareness about melanoma and raising much-needed funds for research and support services, and other fundraising events that incorporate community education about sun safety.

Join our mailing list to stay in the loop: you'll receive a monthly email update on meetings, forums, workshops, seminars, research findings and our own events. Email us at [support@melanomawa.org.au](mailto:support@melanomawa.org.au)



## Melanoma Quick Facts

- Melanoma is one of the most serious and life threatening forms of skin cancer
- Melanoma is the most common form of cancer for 15-39 year olds
- 90% of melanoma is preventable – early detection and UV protection are the key elements to preventing melanoma
- Check the UV Index\* daily at [www.melanomawa.org.au](http://www.melanomawa.org.au) or via the SunSmart app (see below)
- Get to know your skin and have a skin check if you notice anything different
- Melanoma can also occur in the eye. An eye test can detect this - ask your doctor about it.

## Prevention

You should practise Slip, Slop, Slap, Slide, and Seek if the \*UV Index is 3 or higher:

- Slip on a long sleeved shirt
- Slop on some sunscreen\*\*
- Slap on a hat
- Slide on some sunglasses
- Seek shade

The CCA's SunSmart app lets you know when you do and don't need sun protection. Download it here: [www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/sunsmart-app.html](http://www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/sunsmart-app.html)

\*\* The Cancer Council recommends using SPF30 (or higher) broad-spectrum, water-resistant sunscreen.

See melanomaWA's SUNSCREEN Fact Sheet for more information about sunscreen.

## Early Detection

Recent research shows that the number of moles on your upper arm is a reliable gauge of the number of moles on your entire body. If you have more than 11 moles on your upper arm you probably have more than 100 moles in total.

Around 20 per cent to 40 per cent of melanoma is thought to arise from pre-existing moles, and having more than 100 moles on the body is a strong predictor.

Count the moles on your upper right arm. Are there more than 11? If you answer yes, you should go and get a skin check.

## Links to the research:

Counting Moles - <http://ind.pn/1hMS95n>

[www.medicinenet.com/script/main/art.asp?articlekey=191310](http://www.medicinenet.com/script/main/art.asp?articlekey=191310)

