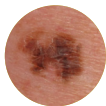


## MELANOMA



### MELANOMA

A new mole or spot or a mole or spot that starts to change.



### NODULAR MELANOMA

Clear or coloured lump on the skin that is elevated, firm and grows rapidly.

## OTHER SKIN CANCERS



### BASAL CELL CARCINOMA

Most common skin cancer. Painless but can bleed and crust.



### SQUAMOUS CELL CARCINOMA

Linked with a lifetime of sun exposure. Rapidly growing and painful.



### MERKEL CELL CARCINOMA

Rare but life threatening. Look for elevated, firm and growing lumps.

**melanomaWA** can come to your school, community group or work place with our education sessions about Skin and Sun Awareness and Melanoma Prevention.

Please call **9322 1908** or email [presentations@melanomawa.org.au](mailto:presentations@melanomawa.org.au) to find out more.



**melanomawa**  
AWARENESS & SUPPORT

(08) 9322 1908

[www.melanomawa.org.au](http://www.melanomawa.org.au)

**Cancer Wellness Centre**  
80 Railway St  
Cottesloe WA 6011

*All photographic images kindly supplied by Skin Check WA*

THE  
**melanomawa**

GUIDE TO  
:  
**SKIN & SUN  
AWARENESS**

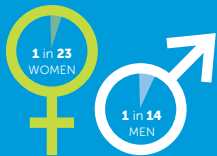


**melanomawa**  
AWARENESS & SUPPORT

**Melanoma** is one of the most serious and life threatening forms of skin cancer, and is now the most common form of cancer for 15-39 year olds<sup>1</sup>

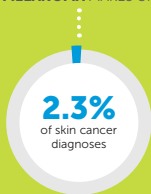
Men in Western Australia have a **1 in 14\*** risk of melanoma and women a **1 in 23\*** risk.  
*\*to the age of 85*

Men are **2.5** times as likely to die from melanoma.<sup>2</sup>



**Melanoma** is preventable.  
We can show you how!

**MELANOMA MAKES UP**



**BUT CAUSES**



**THE GOOD NEWS:**

Early detection & removal of melanoma can lead to a **98% cure rate**<sup>3</sup>



<sup>1</sup> THRELFALL TJ, THOMPSON JR (2014). Cancer incidence and mortality in Western Australia, 2012. Department of Health, Western Australia, Perth. Statistical Series Number 99.

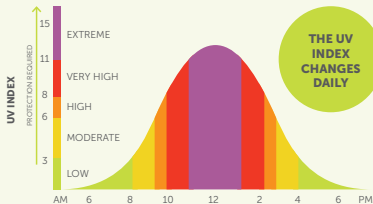
<sup>2</sup> AIHW 2012. Cancer in Australia 2012: an overview. Cancer series no. 74. Cat. no. CAN 70. Canberra: AIHW.

<sup>3</sup> AIHW 2012. Cancer survival and prevalence in Australia: period estimates from 1982 to 2010. Cancer Series no. 69. Cat. no. CAN 65. Canberra: AIHW.

# MELANOMA PREVENTION

## UV PROTECTION

To know when to protect yourself, check the UV Index, not the temperature. Get the UV Index DAILY at [www.melanomawa.org.au](http://www.melanomawa.org.au)



## CHECK & PROTECT



**SLIP**  
on sun-protective clothing



**SLOP**  
on SPF50+ sunscreen & reapply every 2 hours



**SLAP**  
on a broad brimmed hat



**SEEK**  
shade

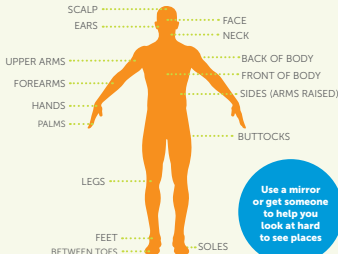


**SLIDE**  
on wrap-around sunglasses

## EARLY DETECTION

When detected early, melanoma can be entirely removed. In most cases, this will be the only treatment required.

Beating melanoma is not just about protecting your skin from UV. Early detection is a key aspect of prevention. Get to know your skin and check it regularly. Be aware of how your skin and moles look, so that you can spot any changes that occur. Below is our checklist of where to look.



**When you notice changes in your skin or moles, see a doctor.**

Ask about any mole you're not sure about. If you have been told a mole or skin lesion is not cancerous and it continues to change, get a second opinion.

## HOW MELANOMA DEVELOPS

Melanoma and other skin cancers generally develop because of too much exposure to UV radiation from the sun.

**Anyone can get melanoma at any age, but these factors increase your risk:**

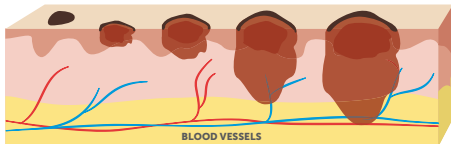
- A history of sunburn, especially in childhood or adolescence
- Lots of moles
- Previous history of skin cancer or melanoma
- Family history of skin cancer or melanoma
- High exposure to UV, including working outdoors, seeking a tan, arc welding and tanning beds
- Fair skin that burns easily and does not tan

## HOW UNTREATED MELANOMA SPREADS

**If you catch melanoma early, you reduce the risk of it spreading.**

Undetected melanoma can reach the blood or lymph system allowing it to spread into other parts of the body such as the lungs, liver, bones and brain. Melanoma that has spread is known as secondary melanoma and is a lot more dangerous and difficult to treat.

### INCREASING GROWTH OF AN UNDETECTED MELANOMA →



## THE ABCD GUIDE TO IDENTIFYING MELANOMA



### ASYMMETRY

Drawing a line through this mole, the two halves do not match.



### BORDER

Melanoma borders tend to be irregular.



### CHANGING

Changing colour, size, shape, height, itchiness or bleeding. Multiple colours are common.



### DIFFERENT

The "ugly duckling", the mole that is different from the others.

**Nodular Melanoma** - they look different!

Nodular melanoma looks different to common melanoma. The skin is raised and often even in colour (skin coloured, red, pink, brown or black). A nodular melanoma can be mistaken for a pimple. The difference is the progressive & rapid growth rate. Look for the EFG criteria. If in doubt see your doctor.



Look for a new lump that has:

**ELEVATION**  
**FIRMNESS**  
**GROWTH**