

What causes MELANOMA?



OVEREXPOSURE TO ULTRA VIOLET LIGHT CAUSES 95% OF MELANOMA.

There are many risk factors that increase the chances of melanoma, including; a high mole count; fair skin; a tendency to sunburn easily; family history of melanoma; and excessive sun exposure under the age of 15.

Prevention OF MELANOMA

Prevention is the key to avoiding melanoma. The best way to prevent melanoma is to protect your skin from the sun's UV rays.



Avoid the sun from 10am - 2pm (10am - 4pm DST).



Never use solariums or sunbeds.



Apply sunscreen thoroughly 30 mins prior to sun exposure (reapply every 2 hours).



Wear collared and sleeved shirts, sunglasses, wide-brimmed hats.



Stay in the shade wherever possible.



Teach children sun protection early & always protect their skin (childhood sunburn greatly increases the risk of melanoma).

MELANOMA FACTS



Australia, and in particular the Hunter Region, has one of the highest incidence of melanoma, per capita, in the world.



It is estimated 1800 Australians will die from melanoma this year - that's five each day, or one death every five hours!



Melanoma is one of the most common cancers amongst 15 - 29 year olds.



In the Hunter, men over 50 years represent 12% of the population but account for more than 50% of all skin cancer deaths.

but the news is not all bad...

Research, improved diagnosis and treatments together with awareness of prevention and early detection has made a difference. If melanoma is identified at an early stage, simple surgeries can result in a complete cure and, over the past five years, the use of surgery plus additional treatments have extended life expectancy in people with advanced stages of the disease.



WE NEED YOUR HELP.

As a registered charity with a voluntary board, the HMF receives no government funding and depends entirely on the generosity of donors, bequests, membership fees, community grants and fundraising activity to continue to do our work. We are a small organisation with just one employee and minimal overheads so the funds raised go to where they are needed most - assisting in the prevention and cure of melanoma through education, awareness, research and treatment.

YOU CAN HELP US BY:

- joining the Foundation
- making a donation
- making a bequest
- volunteering your time
- holding a fundraiser for us

WE CAN HELP YOU:

Call or email if you would like us to visit your school, early childhood centre, workplace or group to speak about melanoma.

Melanoma

PREVENTION & EARLY DETECTION



Keeping you covered for 30+ years

HUNTER MELANOMA FOUNDATION
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USE YOUR MELON & SAVE YOUR SKIN

HUNTER MELANOMA FOUNDATION



The **Hunter Melanoma Foundation** is on a mission to **defeat melanoma**. One of the ways we aim to achieve this is through **educating** as many people as possible about the dangers of melanoma and the importance of **prevention** and **early detection**. So... please read, take heed and spread the word.

Use your melon and save your skin!



SELF-EXAMINATION

How to check your own skin

- 01 Stand in front of a full length mirror in a well lit room. Start at the top and work your way down your body.
- 02 Begin by using a brush to part your hair into sections so that you can check your scalp, ideally ask a partner or family member to check.
- 03 Move to your face and neck, not forgetting your ears, nostrils and lips.
- 04 Be sure to check both the top and underneath of your arms. Don't forget your fingernails.
- 05 As you move down your body, don't forget to check places where the sun doesn't shine! Melanoma can be found in places that do not have exposed skin.
- 06 Ask a partner or family member to check your back and hard to see areas.

WHAT TO LOOK FOR

The ABCDEFG checklist

The first symptom of a melanoma is usually the **appearance of a new spot**, or a **change in an existing one**. The change may be in size, shape, colour or consistency and is normally noticed over several weeks or months.

Use the ABCDEFG checklist as a guide and seek expert advice if you suspect something is not right.

- A** is for **ASYMMETRY**
One half of a mole or birthmark does not match the other.
- B** is for **BORDER** irregularity
The edges are irregular, ragged, notched, or blurred.
- C** is for **COLOUR** variation & **CHANGE**
Inconsistent colour (patches of brown, black or red). Change of any kind.
- D** is for **DIAMETER**
The area is larger than 6mm (about the size of a pencil eraser) or is growing larger.
- E** is for **ELEVATED**
Raised above surrounding skin.
- F** is for **FIRM**
The nodule is solid to the touch.
- G** is for **GROWING**
The spot, mole or nodule is growing in size.

What is MELANOMA?

- Melanoma is a cancer of the melanocytes, the cells that provide skin with its brown colour.
- There are three types of skin cancer: Basal Cell Carcinoma (BCC), Squamous Cell Carcinoma (SCC) and melanoma. Melanoma is the most serious form of skin cancer because it behaves like an internal cancer.
- Melanoma may occur on any part of the body. The most common area for a melanoma to occur on a male is the back and in females, the legs.
- A melanoma may start growing in a spot you already have on your skin, but more than 70% will **develop as a new spot**.

Melanoma can be cured when detected and treated early.

EARLY DETECTION



Detecting melanoma when it's early enough to treat could mean the difference between life and a life-threatening illness. Take notice of all spots - especially **NEW** or **CHANGING** spots or anything that just doesn't look right! Don't delay, make an appointment today!

- Self-examine your skin every three months to spot any changes early. The first day of each season is a good way to remember "Change of season? Check for change!"
- Check in a good light and include all of your skin, your scalp, soles of your feet and have a partner check your back and other hard to see areas.
- Have an annual skin check with your GP, Skin Cancer Clinic or Dermatologist. Doctors use a number of tools and techniques to examine skin thoroughly, beyond what the naked eye can see.
- See your doctor immediately if you see a change in your spots, a new spot or a spot that looks different to the others around it.
- A** Use the ABCDEFG skin check method.



Research UPDATE

40% of melanoma deaths are from atypical "uncoloured" spots. These could appear white or pinkish or even pimple-like. So beware - melanoma doesn't always appear as a big black ugly mole... sometimes it is disguised.