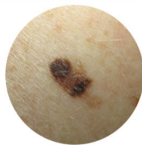


## Guide to melanoma

(a type of skin cancer)

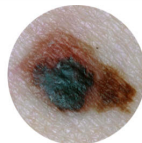
**Asymmetry** – one half is different from the other half.



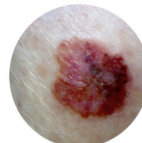
**Border** – edges are poorly defined. It's ragged, notched, blurred or irregular in shape.



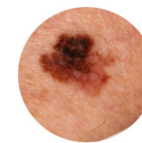
**Colour** – uneven colour with shades of black, brown and tan – white, grey, red, pink or blue may also be present.



**Different** – looks different from other spots, freckles or moles (an 'ugly duckling').



**Evolving or elevated** – new 'mole', or skin spot that is changing – becoming bigger, sticking out or painful.



**Firm** – firm to the touch.



**Growing** – most are larger than 6mm and keep growing.



Photos with permission of DermNet New Zealand and Dr Anthony Tam.

FOR MORE INFORMATION VISIT  
[sunsmart.org.nz](https://sunsmart.org.nz)

**Melanoma**  
New Zealand

**Cancer Society**  
Te Kāhui Matepukupuku  
o Aotearoa

# Finding skin cancer early could save your life.

## Here's how to self-check

SS117 | July 2025

# Check your skin regularly

Being aware of any changes is key to finding skin cancer early.

It could save your life.

## How to

Check your entire body, including skin not normally exposed to the sun. If it's easier, ask someone else to check difficult-to-see areas.

## What to look for

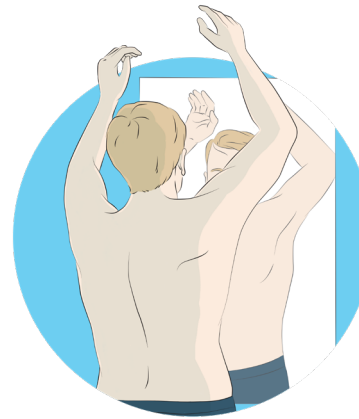
See the A to G guide overleaf.

The first sign is often a change in size, shape or colour of an existing mole or freckle, or a new one.

**If you see anything you're unsure about, contact a GP, skin specialist, or Nurse Dermoscopist.**

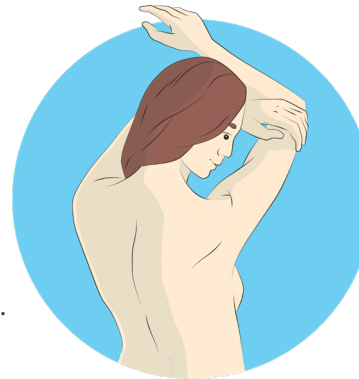
**1.**

Examine your body front and back in the mirror, on the left and right sides with arms raised.



**2.**

Bend your elbows and look carefully at your forearms, the back of your upper arms and your palms.



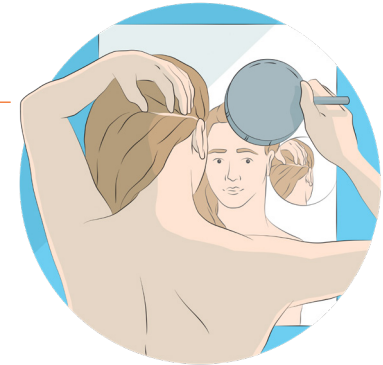
**3.**

Check the back of your legs and your feet, the spaces between your toes, and the soles of your feet.



**4.**

Examine your face (including eyes and eyelids), the back of your neck, and part your hair to check your entire scalp with a hand mirror.



**5.**

Finally, use a hand mirror to check your back, groin, and buttocks.



For more information visit  
**[sunsmart.org.nz](http://sunsmart.org.nz)**

