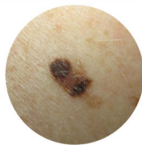


Guide to melanoma

(a type of skin cancer)

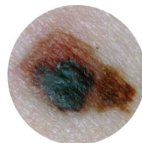
Asymmetry – one half is different from the other half.



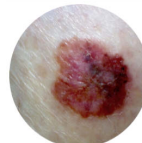
Border – edges are poorly defined. It's ragged, notched, blurred or irregular in shape.



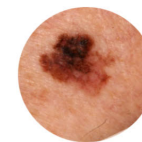
Colour – uneven colour with shades of black, brown and tan – white, grey, red, pink or blue may also be present.



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

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

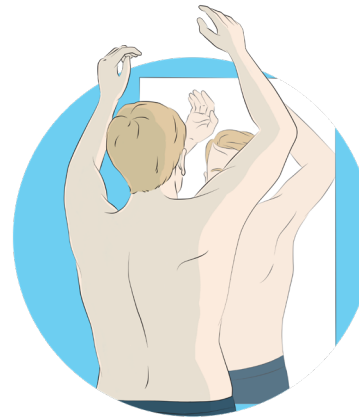
See the A to G guide overleaf.

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.

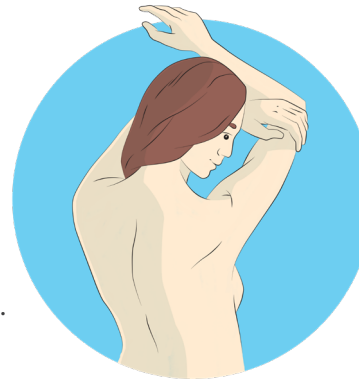
1.

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.



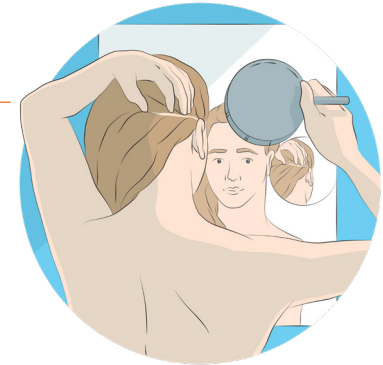
3.

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