

Check to Protect

If you notice any of the following skin changes, get checked by your primary care practitioner eg, your family doctor, nurse or dermatologist:

- **Changes in colour, size, or shape of spots.**
- **Itchy or bleeding spots.**
- **Unusual spots that look different to others.**
- **A spot that's become raised and looks shiny.**
- **A new spot that's suddenly appeared.**

Some skin cancers can spread very quickly, so noticing a change in your skin means it's more likely to be treated successfully.

If you want to identify your risk of melanoma, ask your primary care practitioner about the BPAC melanoma risk predictor tool.

For more information about protecting your skin go to sunsmart.org.nz

