

# Checking for melanoma



SUNSMART

## Check your skin regularly

Regular skin checks increase the chance of finding melanoma and other skin cancers at an early stage when they are easier to treat.

## Where to look

Make sure you check your entire body, including skin not normally exposed to the sun. Use a hand-held mirror or ask for help from someone else to check difficult areas (eg, scalp, back and neck).



## What to look for

Look for a new spot or an existing spot, freckle or mole that is different to others or that has changed in colour, shape or size. Sometimes melanomas may be itchy or may bleed but usually there are no symptoms. Some may become raised quickly and catch on clothing.

If you are concerned about any skin changes, you should contact your GP or a skin specialist.

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