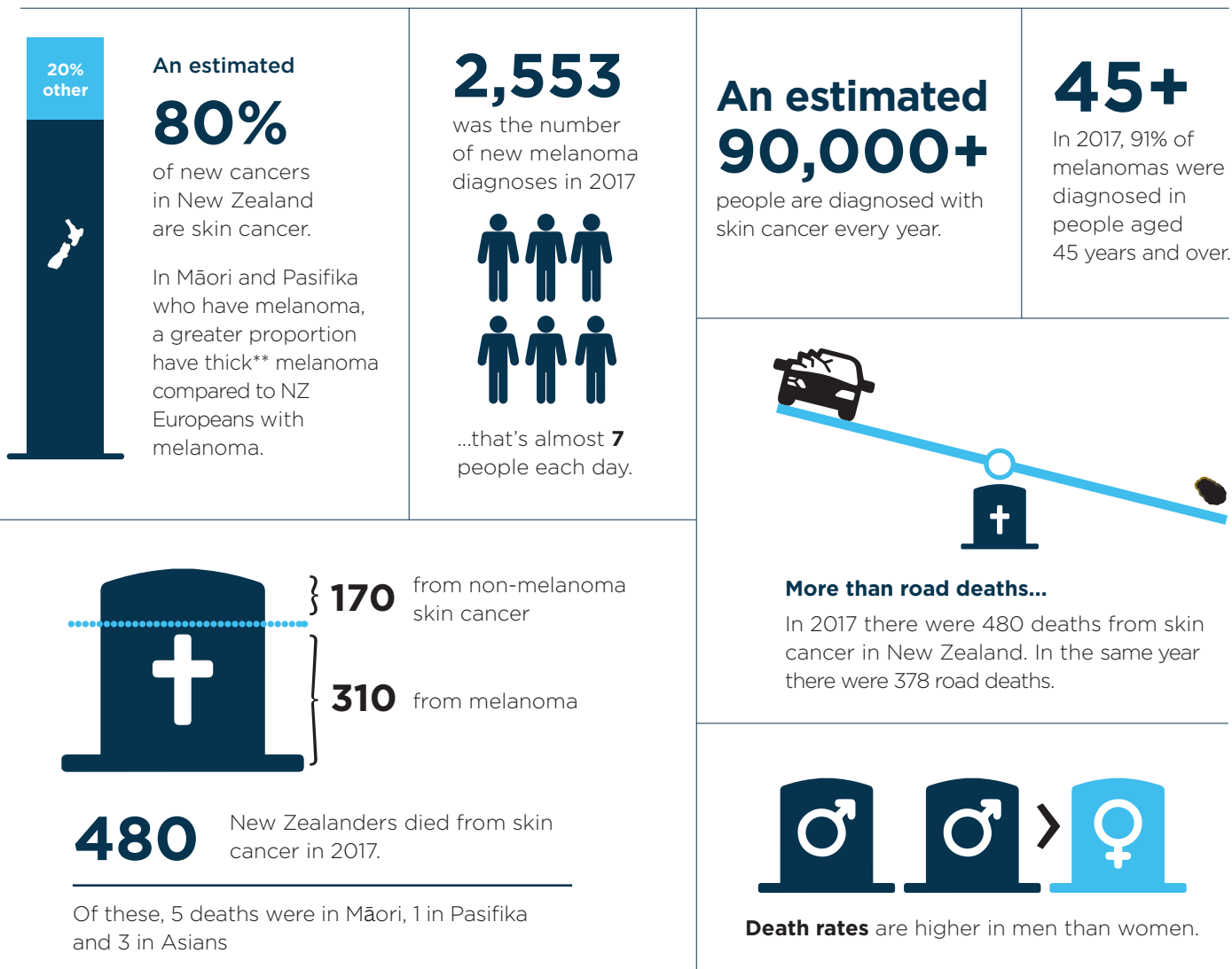


Skin Cancer in New Zealand

The numbers

New Zealand and Australia have the highest rates of skin cancer in the world*



Special thanks to Dr Mary Jane Sneyd for contributing to an earlier version of this infographic.

* Skin cancer is the uncontrolled growth of abnormal skin cells. Melanoma is the most dangerous skin cancer. If left untreated, it can spread rapidly to other parts of the body.

** The Breslow thickness is reported for invasive melanomas. It is measured vertically in millimeters from its top to its deepest point.

The good news

Most skin cancers can be prevented. If detected early, most can be successfully treated by your doctor.



Prevention

Most skin cancers can be prevented by reducing exposure to ultraviolet radiation (UVR) by using the five SunSmart steps - slip, slip, slop, slap and wrap.



Check UVR levels in NZ

Three FREE recommended ways to check for UVR on your device:

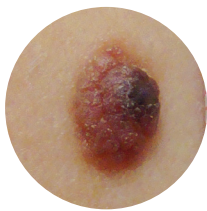
- See the Sun Protection Alert on SunSmart.org.nz
- NIWA daily UVI forecasts
- UVNZ app



The First Sign

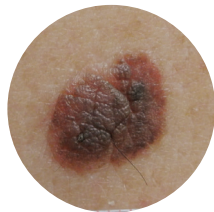
The first sign is often a change in size, shape or colour of an existing mole or freckle, or the appearance of a new one.

Guide to Melanoma (a type of skin cancer)



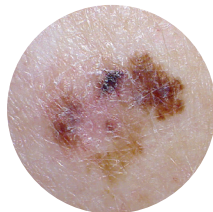
Asymmetry

One half is different from the other half.



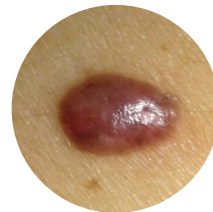
Border

Edges are poorly defined. It's ragged, notched, blurred or irregular in shape.



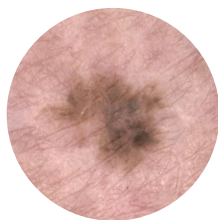
Colour

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



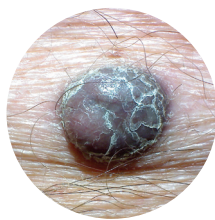
Different

Looks different from other spots, freckles or moles (an 'ugly duckling').



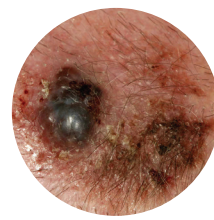
Evolving or elevated

New 'mole', or skin spot that is changing - becoming bigger, sticking out or painful.



Firm

Firm to the touch.



Growing

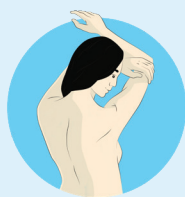
Most are larger than 6mm and keep growing.

Check your skin regularly for skin cancer



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, as well as the spaces between your toes and the soles of your feet.



4

Examine the back of your neck and part your hair to check your scalp with a hand mirror.



5

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

If you see anything you are unsure about, contact your GP or a skin specialist.