



# DO A SKIN CHECK TODAY.

**It could save your life.**

## You can:

- Do a self-check
- Ask your GP or a specialist (dermatologist, surgeon or plastic surgeon) to check you with a dermatoscope

No matter what your complexion, undertaking regular skin checks is one of the most effective ways of detecting melanoma early.

If you have concerns, ask your doctor or skin specialist today.

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Visit [melanoma.org.nz/all-about-melanoma/early-detection](https://www.melanoma.org.nz/all-about-melanoma/early-detection) for more information

**Melanoma**  
New Zealand

A graphic element consisting of a series of white and yellow dots of varying sizes, arranged in a curved, arrow-like shape pointing towards the top right.

# What to look for

## Your A-G guide to melanoma

- Asymmetry**  One half is different from the other half
- Border irregularity**  The edges are poorly defined e.g. notched, uneven or blurred
- Colour is uneven**  Shades of brown, tan and black are present (there may also be white, grey, red, pink or blue)
- Different**  Looks different from other spots, freckles or moles (“ugly duckling”)
- Evolving**  Any change in growth; new, elevated or painful
- Firm**  To the touch
- Growing**  Most are larger than 6mm and keep growing

These images are indicative only. Look for the type of behaviour described, rather than trying to match your lesion to the images on this flyer.



This material is supported by La Roche-Posay, the exclusive sponsor of Melanoma New Zealand's A-G skin check flyer.

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