



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.

Visit melanoma.org.nz/early-detection for more information

Melanoma
New Zealand



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.

Melanoma images: DermNet

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LABORATOIRE DERMATOLOGIQUE

Proud Supporter
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