

WHAT ARE YOUR CHANCES OF GETTING A MELANOMA THAT CAN KILL YOU?

If you live in NSW, they're among the highest in the world. And that's just for starters. There may well be genetic and lifestyle factors that place you at even greater risk.

Read on and see how likely you are to be one of more than **3,500** people in NSW who will be diagnosed with the world's most aggressive and lethal skin cancer this year.



Keep your hats on, guys. Men are 1.5 times more likely to get melanoma than women and 3.3 times more likely to die from melanoma. Melanoma is the most common cancer in men aged 25-54 and in females aged 15-29. That doesn't mean the rest of you can relax - not for a second. Melanoma is like a time bomb. Today's sunburn or suntan may take years to emerge as a deadly cancer.

SKIN, EYE AND HAIR COLOUR

Everyone is at risk, even those with very dark skin. But fair skin increases your risk. So does green or blue eyes, blonde or red hair and skin which burns easily and only tans after burning.



Protect your skin in 5 ways.



Seek shade, especially between 10am - 3pm



Wear wrap-around sunglasses



Wear sun protective clothing, covering as much skin as possible



Apply SPF 30+ broad spectrum, water resistant sunscreen, and reapply every 2 hours



Wear a broad-brimmed hat

GO MOLE HUNTING?



You should - at least every three months. The ABCDE rule is a useful guide on what to look for.



Asymmetry. Moles that, if divided in half, are not the same on both sides.



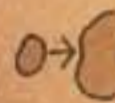
Border. Moles with edges that are jagged like a coastline.



Colour. Moles gaining or losing colour, or multicoloured.



Diameter. Moles more than 1/2cm in diameter.



Evolution. Moles that have changed size or shape since you last checked.

If you spot any of them or any unusual signs or symptoms such as itching or bleeding, **see a doctor** straight away. This is the world's most lethal skin cancer we're talking about, not something you can get around to when it suits. If caught early, survival rates are around 90%. But when a melanoma reaches a depth of just 1mm, its risk of spreading

rises sharply. You don't die from melanoma on your skin, you die because the cancer gets into your bloodstream and spreads, often to the brain or liver. So remember, protect your skin in 5 ways. They could save your skin.

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If you'd like a copy of this poster to display at home or work, email prevention@cancerinstitute.org.au
For more information or tips on checking your moles, talk to your doctor.

Further information: Cancer Institute NSW www.darksideoftanning.com.au