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Melanoma New Zealand is a registered charitable trust. It's mission is to prevent avoidable deaths and suffering from melanoma. Melanoma New Zealand provides information about all aspects of melanoma, promotes melanoma prevention and regular skin checks for early detection, and advocates for increased access to high quality clinical care.

MELANOMA FACTS

- New Zealand has the highest incidence of melanoma in the world.
- More than 4,000 people are diagnosed with melanoma in New Zealand every year.
- More than 360 people die each year of melanoma in New Zealand – that's higher than our road toll.
- Melanoma accounts for nearly 80% of all skin cancer deaths.
- Most skin cancers are caused by too much UV radiation.
- Most skin cancers, including melanoma, are found in people aged 50 years or older. However, melanoma is reasonably common in younger age groups too (especially people aged between 25 and 39 years).
- Melanoma is rare in children.
- Māori and Pacific people may have a lower chance of getting melanoma, but they often have thicker, more serious melanomas.
- The majority of skin cancers are preventable.
- If melanoma is recognised and treated early enough, it is almost always curable.

Check your skin regularly so you will be aware of any changes.

HOW TO LOOK AFTER THE SKIN YOU'RE IN:

- Slip on a shirt/top with long sleeves and a collar.
- Spend time in the shade.
- Slap on sunscreen that is at least SPF 30, broad-spectrum and water resistant. Apply 20 minutes before going outside and reapply every 2 hours.
- Slap on a broad-brimmed hat that shades your face, head, neck and ears.
- Wrap on close fitting sunglasses.
- Don't use sunbeds.
- Protect your skin during the time of the day when UV radiation is highest. This is between 10am and 4pm during daylight saving months.
- Check your skin regularly and seek advice if there are any changes.

For more information go to: melanoma.org.nz