



Be sun aware

- Melanoma is caused by UV (sun) radiation which occurs all year round, even on cloudy days!
- Teach your children sun protection early and always protect them as sunburn during childhood increases the risk of Melanoma.
- Avoid the sun from 10am - 2pm (11am - 3pm daylight saving time) when UV radiation is greatest.
 - Use shade wherever you can.
- Wear protective clothing when you're in the sun. Choose shirts with a collar & sleeve, wear a hat with 8cm brim or cap with flaps.
 - Wear sunglasses.
- Use 15+ broadspectrum waterproof sunscreen thickly and reapply each two hours.
(Sunscreen may not be effective if past its "use by date")

...and save your SKIN!

Be skin aware

- Check your skin every three months to see any changes early.
- Check in a good light and include all your skin, your hair, soles of your feet and have a partner check your back and other hard to see areas.
 - See your doctor within two weeks if you see:
 - a change in your spots - a new spot
 - a spot that looks different to the others around it.



Our Vision

Our vision for the future is to defeat melanoma.

Our Commitment

In striving towards this vision we will work together with the Newcastle Melanoma Unit to;

- actively reduce mortality rates from melanoma in our region,
 - minimise patient suffering and maximise patient care.
- to support the Newcastle Melanoma Unit; • for research;
 - for education on prevention and early detection and;
 - to raise awareness about melanoma..

You can help by:

Joining the Foundation.

(Members receive a quarterly newsletter)

Making a donation.

(Donations of \$2 or more are tax deductible)

Volunteering your time.

(To assist us in education and fundraising activities)

Help raise funds.

(Ask your club, social organisation or workplace to assist in fundraising for the Foundation.)

For further information contact:

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NEWCASTLE PERMANENT
**CHARITABLE
FOUNDATION**

Sharing with our community

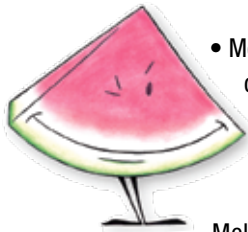
**Use your
MELON
and
save your
SKIN**



A message from the Hunter Melanoma Foundation

What is Melanoma?

Melanoma... spot the difference.



- Melanoma is a cancer of the melanocytes, the cells that provide skin with its brown colour.

- There are three types of skin cancer: Basal Cell Carcinoma (BCC), Squamous Cell Carcinoma (SCC) and Melanoma.

Melanoma is the most serious form of skin cancer because it behaves like an internal cancer.

- Melanoma can be cured when detected & treated early.
- Melanoma only rarely occurs in children but occurs in all other age groups.
- Melanoma may occur on any part of the body.
- A Melanoma may start growing in a spot you already have on your skin, but more than 50% will develop as a new spot.

Did you know?

- Men over 50 years represent 12% of the population but account for more than 50% of all skin cancer deaths.
- The Hunter Region has one of the highest incidence of Melanoma in the world.
- The most common area for a Melanoma to occur on a male is the back and in females, the legs.
- Risk factors for Melanoma include; a large number of moles; fair skin; a tendency to sunburn easily; family history of Melanoma; excessive sun exposure under the age of 15.
- There is no such thing as a "safe tan". Sun lamps & sun beds still emit harmful UV rays that damage your skin.

BENIGN

[harmless moles]



ATYPICAL

[check with doctor]



MELANOMA

[see your GP immediately]



If you have any moles that look Atypical or like a Melanoma then you should see your doctor immediately.

Look for changes in your spots. See a change...see your doctor. Do the "ABCD" self skin check:

A = Asymmetry of mole B = Border irregular C = Colour variation or change D = Diameter of mole greater than 6mm

(An appointment at the Newcastle Melanoma Unit can only be made with a referral from your doctor.)