

Routine Health Checks & Monitoring

Check-ups are vital for your health and your peace of mind.

Following a melanoma diagnosis and/or treatment, it is essential to follow up with regular health checks and monitoring as per your medical team's advice. It's also important to understand your melanoma risk.

Melanoma Statistics

- Australia has the highest incidence of melanoma in the world
- Melanoma is the most common cancer in Australians aged 20-39 years
- Melanoma affects over 16,000 Australians annually.

Skin Surveillance

Full skin examinations are vital

Process

A top-to-toe check, including examination of lymph nodes, melanoma scars and any lesions you are concerned about.



Who?

Your skin surveillance can be undertaken by a dermatologist or your GP.

Frequency

Depends on your individual risk factors, generally 3-6 monthly if you have a history of melanoma. Discuss this with your doctor.



The importance of self-examination

Process

Frequent self-examination is strongly advised. Choose a date, such as the 1st of each month to check your own skin.

Who?

Ask your partner or a close friend to check anywhere you can't see yourself. Hairdressers are a great option for your scalp.

The ABCDE rule – Look for:

- **A**symmetry
- **B**order irregularity
- **C**olours – Does it have multiple colours?
- **D**iameter – Is it more than 5mm?
- **E**volution – Is it new or changing?

Remember, melanoma comes in all shapes, sizes and colours. If you're concerned, get it checked by a doctor.

Resources

- **Melanoma Patients Website** – melanomapatients.org.au/
- **Further information** – canceraustralia.gov.au