

# Skin Cancer

## hits hard for regional and rural Australians

### Regional and Rural Australians have:



Higher rates of melanoma diagnosis compared with their metropolitan counterparts<sup>1,2</sup>



Increased risk of developing skin cancer due to higher exposure to UV radiation

# 8,040

Australians living in regional areas were diagnosed with melanoma in 2021<sup>3</sup>

By 2030, this is set to increase to

# 11,280<sup>+</sup>



of rural respondents were not aware of any melanoma support services<sup>4</sup>

### Risk factors



Unprotected UV radiation exposure<sup>5</sup>



A history of burning<sup>5</sup>

### Melanoma is CURABLE if detected EARLY

5-year survival rate<sup>6</sup>

# 99%

Stage 1

# 26%

Stage 4



of melanoma patient follow ups were affected by COVID-19 lockdowns<sup>4</sup>

### We can DECREASE the rate of MELANOMA by



Encouraging **REGULAR** self-skin checks



Increasing **AWARENESS** on what to look for and what to do if you see a change



Talking to a **DOCTOR** about unusual lesions or changes



Practising **SUN SAFETY**

*self* skinchecks no regrets

Information and support is easy to find: visit [melanomapatients.org.au](https://melanomapatients.org.au)

#### References:

- Sun Smart. (2021). SunSmart. <https://www.cancerwa.asn.au/prevention/our-campaigns/sunsmart/>
- Smit-Kroner C, Brumby S. Farmers sun exposure, skin protection and public health campaigns: an Australian perspective. *Prev Med Rep.* 2015;2:602-7.
- Australia Bureau of Statistics (ABS). (2021). Regional population. <https://www.abs.gov.au/statistics/people/population/regional-population/2019-20#key-statistics>.
- Telephone Interview conducted by Katrina Tan (2020), Monash University.
- AIHW. (2018). Surviving cancer: early detection counts. <https://www.aihw.gov.au/getmedia/a5af1236-783f-4c6b-b42f-7b7f91869812/aihw-can-122-surviving-cancer-factsheet.pdf.aspx>
- AIHW. (2018). Surviving cancer: early detection counts. <https://www.aihw.gov.au/getmedia/a5af1236-783f-4c6b-b42f-7b7f91869812/aihw-can-122-surviving-cancer-factsheet.pdf.aspx>