

MELANOMA NEW ZEALAND FACT SHEET

ABOUT MELANOMA

- New Zealand has one of the highest melanoma incidence rates in the world.
- More than 8,000 melanomas are diagnosed in New Zealand every year.
- More than 300 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.
- 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.

HOW TO PROTECT YOUR SKIN

- **SLIP** on a shirt/top with long sleeves and a collar.
- **SLOP** 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.
- **SEEK** the shade or indoors.
- **SLIDE** on close-fitting sunglasses.
- Don't use sunbeds.
- Protect your skin during the time of the day when UV radiation is highest.
- UV radiation is highest between 10am and 4pm during daylight saving months.

CHECK YOUR SKIN REGULARLY SO YOU'RE AWARE OF ANY CHANGES!