



**New Zealand has a much higher rate of skin cancer than other countries and each year more than 2000 New Zealanders are diagnosed with melanoma. So it's important to get into the habit of checking your skin. Any change on your skin should be immediately checked out by a GP or specialist.**

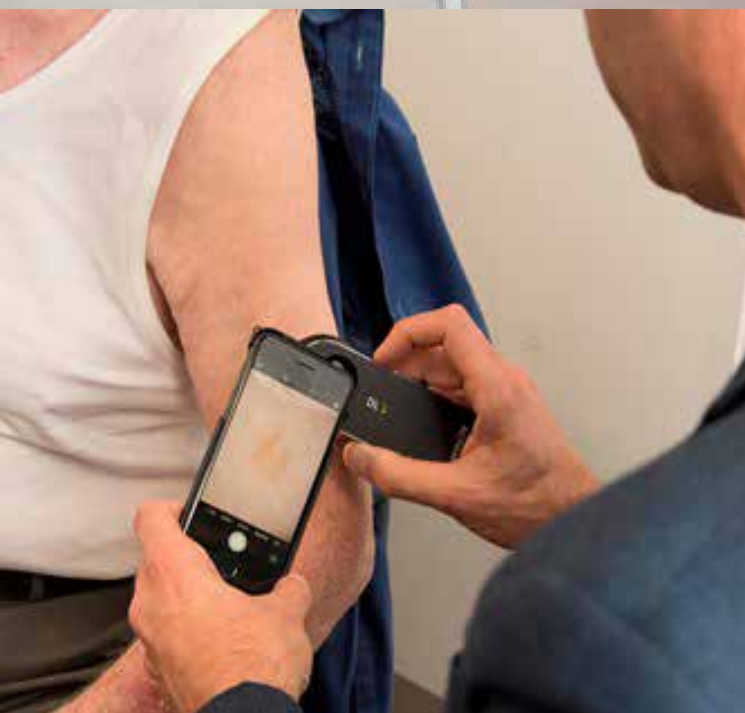
## Do the check

Look over your entire body regularly. Skin cancers can be in places you cannot see yourself, so you may need to ask someone to help you check.

Remember to check places that are hard to see or might not normally get exposed to the sun:

- your armpits
- behind your ears
- your scalp
- the bottom of your feet
- your fingernails and toenails.

Keep track of how spots and moles look so you know if they have changed since you last checked. Try using a hand mirror to check awkward places.



**If you notice any changes in your skin or in your general health, contact your GP.**

**Ki te kite koe i ētahi panonitanga ki tō kiri, ki tō hauora whānui rānei, whakapā atu ki tō rāta.**

Your GP will examine your entire skin surface under a good light using a dermoscope. If they do not use a dermoscope, ask them to recommend someone in their general practice who does.

Melanoma New Zealand has a list of accredited skin check providers around New Zealand on its website **at** <https://www.melanoma.org.nz/be-informed/skin-check-providers/>

[More information on www.cancernz.org.nz](http://www.cancernz.org.nz)