Skin Cancer in New Zealand

The numbers

New Zealand and Australia have the highest rates of skin cancer in the world*



An estimated

80%

of new cancers in New Zealand are skin cancer.

In Māori and Pasifika who have melanoma, a greater proportion have thick** melanoma compared to NZ Europeans with melanoma.

2,500

invasive melanomas are diagnosed on average each year.

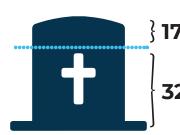


...that's almost **7** people each day.

An estimated 80,000+

Kiwis get non-melanoma skin cancer each year. The total cost of treating skin cancers per year is more than

\$183 million.



from non-melanoma skin cancers

from melanoma skin cancers

503

New Zealanders died from skin cancer in 2019. Of these, 10 were Māori.



More than road deaths...

In 2019 there were 503 deaths from skin cancer in New Zealand. In the same year there were 352 road deaths.



Death rates are higher in men than women.

Special thanks to Dr Mary Jane Sneyd for contributing to an earlier version of this infographic

- * Skin cancer is the uncontrolled growth of abnormal skin cells. Melanoma is the most dangerous skin cancer. If left untreated, it can spread rapidly to other parts of the body.
- ** The Breslow thickness is reported for invasive melanomas. It is measured vertically in millimeters from its top to its deepest point.

The good news

Most skin cancers can be prevented. If detected early, most can be successfully treated by your doctor.













Check UVR levels in NZ

Three FREE recommended ways to check for UVR on your device:

- See the Sun Protection Alert on SunSmart.org.nz
- · NIWA daily UVI forecasts
- · UVNZ app



The first Sign

The first sign is often a change in size, shape or colour of an existing mole or freckle, or the appearance of a new one.

Prevention

Most skin cancers can be prevented by reducing exposure to ultraviolet radiation (UVR) by using the SunSmart steps - Slip, Slop, Slap and Wrap.

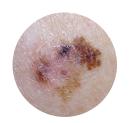
Guide to Melanoma (a type of skin cancer)



AsymmetryOne half is different from the other half.



Border
Edges are poorly
defined. It's ragged,
notched, blurred or
irregular in shape.



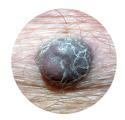
Colour
Uneven colour with shades
of black, brown and tan
– white, grey, red, pink or
blue may also be present.



DifferentLooks different from other spots, freckles or moles (an 'ugly duckling').



Evolving or elevated New 'mole', or skin spot that is changing – becoming bigger, sticking out or painful.



Firm Firm to the touch.



GrowingMost are larger than
6mm and keep
growing.

Check your skin regularly for skin cancer



Examine your body front and back in the mirror, on the left and right sides with arms raised.



2

Bend your elbows and look carefully at your forearms, the back of your upper arms and your palms.



3

Check the back of your legs and your feet, as well as the spaces between your toes and the soles of your feet.



4

Examine the back of your neck and part your hair to check your scalp with a hand mirror.



5

Finally, use a hand mirror to check your back and buttocks.

If you see anything you are unsure about, contact your GP or a skin specialist.



