



MEN'S SKIN HEALTH & SKIN CANCER

Mens Health Night



Why This Matters (NZ Context)

- NZ has one of the highest skin cancer rates in the world
- 1 in 3 Kiwis will develop skin cancer
- High UV levels, outdoor lifestyle increase risk
- Men are more likely to develop serious melanoma
- Early detection = very high cure rates

Common Types of Skin Cancer

- Melanoma – most serious, can spread quickly
- Basal Cell Carcinoma (BCC) – most common, slow growing
- Squamous Cell Carcinoma (SCC) – can spread if untreated
- Sun damage builds over time (not just sunburns)

What to Look For (ABCDE)

- A – Asymmetry (uneven shape)
- B – Border (irregular or blurred edges)
- C – Colour (multiple colours or uneven tone)
- D – Diameter (>6mm or growing)
- E – Evolving (changing in size, shape, or feel)

SELF CHECK

- Any new mole or spot?
- Any mole changing in size/shape?
- Any bleeding or scabbing spot?
- Any sore that won't heal?
- Lots of sun exposure over your lifetime?
- Fair skin or history of sunburn?
- Outdoor work or sport?

High Risk Groups

- Fair skin, light eyes, freckles
- History of sunburn (especially in youth)
- Outdoor workers (farming, construction)
- Family or personal history of skin cancer
- Large number of moles

NZ Snapshot

- Over 90,000 skin cancers treated yearly in NZ
- Melanoma is the 4th most common cancer
- Over 300 melanoma deaths per year
- Men over 50 at highest risk
- Early detection = >90% survival

RED FLAGS – SEE A DOCTOR ASAP

- Rapidly changing mole
- Bleeding or crusting lesion
- Dark or irregular spot
- Non-healing sore (>4 weeks)
- New spot in adulthood

Sun Protection (What Actually Works)

- Slip: long sleeves, collars
- Slop: SPF30+ sunscreen (reapply every 2 hours)
- Slap: hat (wide brim best)
- Seek: shade (especially 10am–4pm)
- Slide: sunglasses
- Daily protection matters—not just hot days

Talking to Your Doctor

- “I’ve noticed a mole changing recently”
- “This spot hasn’t healed in a few weeks”
- “I’ve got a new spot that looks different”
- “I work outdoors and want a skin check”
- Ask about full skin checks and mole mapping

Prevention & Long-Term Health

- Regular skin checks (self + GP)
- Photograph moles to track changes
- Protect kids and early life exposure
- Build sun protection into daily habits
- Don't wait—early removal is simple

Skin cancer is highly treatable when caught early. Check your skin regularly.