

Missy Saleeba's Story

I would like to tell you about my husband Matt Saleeba.

Like most young Aussie guys he was passionate about his sport, loved a good laugh and enjoyed the good things in life. In October 2004 Matt started to feel tightness in his chest and went to see his doctor for a check-up. Matt was diagnosed with malignant melanoma cancer and was given 3 months to live – he lasted 7.

It has now been two years since Matt passed away and I am determined not to let his passing be in vain.

Aims & Objectives

Through fundraising the Foundation will endeavour to;

- ◆ Assist with the provision of staff and / or equipment for the purpose of melanoma research.
- ◆ Raise awareness through events, government lobbying and the media of the seriousness of melanoma in Australia and ways to reduce the risk of malignant melanoma.
- ◆ We are dedicated to finding a treatment for malignant melanoma so patients may in the future have a chance of living with this cancer instead of dying so quickly and so young.

The fundraising activities undertaken by the group will be consistent and true, both ethically and environmentally, to the values held by Matt Saleeba.

Melanoma Facts

Australia has the highest rate of skin cancer in the world. Over 1300 Australian die each year from skin cancer, and about half of all the people living in Australia will develop skin cancer during their lives. Skin cancer is the second most life threatening cancer in Victorians between 15 and 59 years of age.

The 3 main types of skin cancer are basal cell cancer, squamous cell cancer and the most serious skin cancer – melanoma.

Melanoma (also called malignant melanoma) usually occurs on parts of the body that have been sun burnt, however it can also be genetic. It may appear as a new spot, on normal skin, or develop from an existing mole. If detected early, most melanomas are curable. Later, they become more serious. This is why regular check-ups with a dermatologist are most important.

Causes of Melanoma

- ◆ Overexposure UV radiation from sun and other sources such as solariums
- ◆ Previous melanomas



- ◆ A family history.

Checking for Melanoma

The first sign is usually the appearance of a new spot or a change in an existing freckle or mole. The change may be in size, shape and / or colour and the change is normally over several weeks or months rather than days.

Check the whole body as melanoma can occur in places not normally exposed to the sun. Melanoma is diagnosed by physical examination and biopsy. It is recommended that you check your skin for skin cancer regularly, approximately every 6 months.

If the biopsy tissue is found to have cancer cells in it, the depth to which the cancer cells go will be measured. The deeper the cancer cells have penetrated the skin, the more likely it is that the cancer could have spread. If they have spread you will require regular check-ups with an emphasis on examining the lymph nodes.

Protecting the Skin

- ◆ Stay out of the sun at times when radiation is at its highest, between 10am – 3pm.
- ◆ Wear sun protective clothing outdoors
- ◆ Protect your face and neck with a broad rimmed hat
- ◆ Wear a broad spectrum SPF 30+ sunscreen when you go into the sunlight
- ◆ To protect your eyes from UV radiation, always wear UV protective sunglasses in strong sunlight
- ◆ Never allow your skin to burn
- ◆ Stay in the shade as much as possible when outdoors
- ◆ Do not use solariums, tanning booths or tanning lamps. These emit UV radiation up to 5 times stronger than the midday summer sun.



Missy Saleeba