

# OPINION

## Andrew Broad

Member for Mallee

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*House of Representatives Speech 4<sup>th</sup> December 2017*

### **A HEALTHY REMINDER FROM ANDREW BROAD**

Having been a farmer for 20 years, I found there is value in checking your arms. A couple of days ago I found myself with a little dot on my arm—a mole that was growing.

Being sensible, my wife told me what to do. She said, 'You should get that checked out.' I got it checked out. I got it cut off only to find it was a melanoma. Can I say to the farmers out there, to the country people and to Australians who love the sun: go and get checked out.

It was very small. It didn't look much—two colours and a little bit sharp—but I have been told that the flat ones, the ones that don't look so sinister, are the ones you've got to watch out for.

We love our sunshine and we love our summer, but do yourself a favour blokes and ladies and go and get checked out—particularly blokes, because we're notorious at not looking after our health. Luckily they got it in time. Ultimately, get a check-up, look after yourself and that will be the best present you can give to yourself and your family this time of the year.

**-ENDS-**

Email [andrew.broad.mp@aph.gov.au](mailto:andrew.broad.mp@aph.gov.au)  
Web [www.andrewbroad.com](http://www.andrewbroad.com)  
Phone 1300 131 620

Media contact: Tori Masters  
Email [tori.masters@aph.gov.au](mailto:tori.masters@aph.gov.au)  
Phone 0418 445 233