

## support the foundation

Our Foundation relies on the support of others to ensure we can continue with our commitment of providing world class care, education and research for skin disorders. See below for the range of ways on how you can support us.

### fundraise

Start fundraising with friends and family. Sign up for an existing event in your region or create your own event with our online Foundation fundraising page. Simply visit our website and refer to the 'fundraise now' button on the home page for your convenience.

Alternatively don't hesitate to contact us:  
t: 03 9623 9400 e: [fundraise@skincancer.asn.au](mailto:fundraise@skincancer.asn.au)

### donation

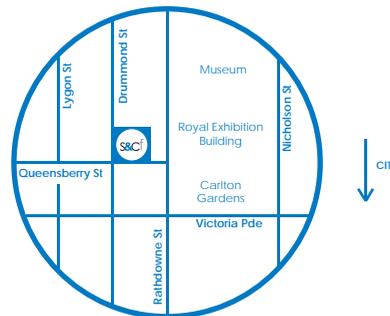
Donate to our cause today. All donations of \$2 or more are tax deductible. Simply visit our website and refer to the 'donate now' button on the home page for your convenience.

Alternatively don't hesitate to contact us:  
t: 03 9623 9400 e: [donate@skincancer.asn.au](mailto:donate@skincancer.asn.au)

### bequest

If you wish to make a bequest a member of our Foundation is available to talk with you regarding your preferred option in addition to discussing our recognition of support program.

t: 03 9623 9400 e: [bequest@skincancer.asn.au](mailto:bequest@skincancer.asn.au)



#### Skin & Cancer Foundation Inc

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ABN. 58 895 584 259 Registered Charity A 12501

DISCLAIMER: Content in this brochure is provided for general information only. It is not intended as medical advice, and should not be relied upon as a substitute for consultations with qualified health professionals who can determine your individual medical needs.



# phototherapy clinic

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## the skin & cancer foundation inc

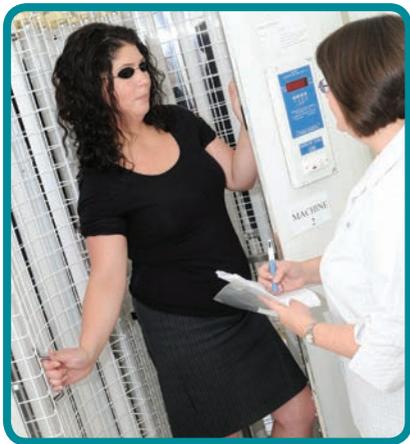
The Skin & Cancer Foundation Inc is Australia's leading specialist dermatology centre. It is a not-for-profit organisation specialising in the treatment, education and research of skin disorders.

Established in 1987, the Foundation offers patients peace of mind knowing that their skin is in expert hands. The Foundation provides the best in dermatology industry standards, and professional advice.

## phototherapy clinic

The Phototherapy Clinic is one of a number of specialty clinics which operate at the Skin and Cancer Foundation Inc. The Phototherapy Clinic is run by a consultant dermatologist, and a team of dermatology registrars and nurses.

In this clinic we see people with a variety of skin conditions for both diagnosis and advice on treatment. Some of these conditions may respond well to ultraviolet light therapy (UV therapy).



### duration of consultation

On the day of your initial consultation you will be seen by a dermatologist and dermatology registrar. They will discuss treatment options with you and explain your treatment plan. You should allow at least 30 - 60 minutes for the first appointment.

### treatment on day of consultation

If at your initial appointment, the doctors decide that UV therapy is appropriate for your condition, then treatment will usually commence within the next week.

You will need to speak with one of our nurses who will arrange your appointment times. The treatment regime most commonly consists of attending three times a week. We encourage you to organise permanent booking on the day of consultation.

### follow up appointment

Patient response to treatment is assessed at your follow up review appointment, which is usually scheduled for 6 - 8 weeks after commencing UV therapy.

## what is ultraviolet therapy

Ultraviolet light emitted from the sun comes in 3 types, A, B and C. Both UVA and UVB light rays are used in dermatology treatments.

In dermatology the A (UVA) and B (UVB) wavelengths are produced and emitted by an artificial light source. This is in the form of a bank of fluorescent tubes within a cabinet that you stand in.

### treatment duration

This varies from person to person depending on your skin type and condition being treated, how severe the condition is, and if you attend the treatment regularly as instructed. You should start to see some improvement within 6 - 8 weeks.

### conditions treated with phototherapy

The most commonly treated condition attending the Phototherapy Clinic is psoriasis. A number of other skin conditions may be suitable for UV therapy, including:

- Vitiligo
- Eczema
- Cutaneous lymphoma
- Pityriasis rosea
- Pityriasis lichenoides
- Lichen planus
- Pruritus

### risks of ultraviolet therapy

In a small number of cases there may be some risk of mild:

- Skin 'burning'
- Itching
- Hyperpigmentation (darkening, tanning or freckling)
- Skin cancer
- Cataracts

These issues will all be discussed with you prior to commencing treatment and you should feel free to ask the doctors any questions at this time.



### other treatment options

Depending on which condition you have, other treatment options may include topical medications (creams & ointments), tablets (or capsules) or injections.

These can also be discussed at your initial appointment.

Blood tests may be necessary before commencing these other treatment options.

### other information

On the day of your appointment, please ensure that you bring along:

- Medicare Card/Veterans Card
- Pension/Health Care Card
- A list of medications

### parking

There is metered parking available in the streets close by, in addition to 24 hour public parking off Pelham and Rathdowne Streets.