

## melanoma - what to look for

Melanoma can vary greatly in appearance and can occur anywhere on the body, but mainly occur in sun exposed areas.

It is important to look for changes in existing freckles or moles.

Follow the ABCDE guide when monitoring your skin by looking for:

- A** Asymmetry
- B** Border becoming irregular
- C** Colour becoming uneven
- D** Diameter (size) changing or > 6mm
- E** Evolving, changing and growing

If you notice any changes in your skin it is important you see a qualified dermatologist.

## risk factors associated with melanoma

Several risk factors associated with melanoma include:

- Severe sunburns
- Large number of moles
- Previous history of melanoma
- Family history

## 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

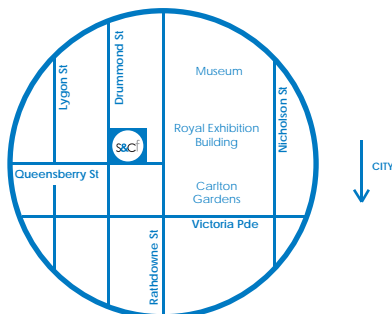
Donate to our cause today. All donations of \$2 or more are tax deductible. Simply visit our website and refer to the 'donate now' button on the home page for your convenience.

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

Level 1/80 Drummond Street, Carlton VIC 3053

t: +61 3 9623 9400 | f: +61 3 9639 3575 | e: [info@skincancer.asn.au](mailto:info@skincancer.asn.au)

[www.skincancer.asn.au](http://www.skincancer.asn.au)  

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.

# melanoma clinic



SCF\_CB\_M\_V1.0 03/2013



healthy skin by dermatologists

## 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.

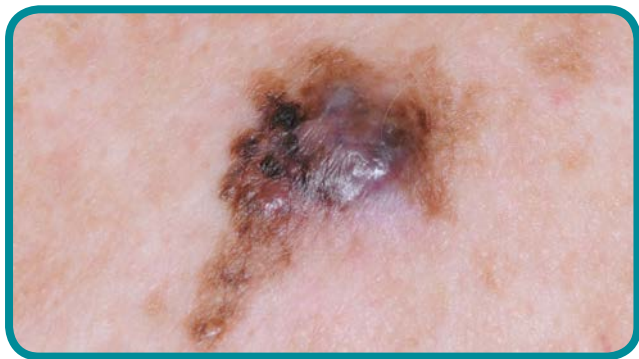
Established in 1987, the Foundation offers patients peace of mind knowing that their skin is in expert hands. The Foundation provides the best in dermatology industry standards, and professional advice.

## the melanoma clinic

The Melanoma Clinic is a specialised clinic set up to manage patients who have had melanoma and require ongoing skin surveillance.

Patients are referred to the Foundation Inc from either the Victorian Melanoma Service or their GP.

The Skin & Cancer Foundation Inc is linked with the Victorian Melanoma Service clinics at the Alfred Hospital which is a multi-disciplinary clinic involving dermatologists, plastic surgeons, general surgeons, medical oncologists, radiation oncologists, histopathologists and cancer support services.



## during the melanoma clinic

The following topics will be discussed with patients during their attendance at a melanoma clinic:

- general health and well being
- medications
- history of skin cancer

In addition to the above discussion the following may also be performed during a clinic:

- an examination
- biopsy and excision

Our team may also request that a patient has medical photography undertaken to assist with either individual lesions or full body mapping.

## the melanoma clinic team

The Melanoma Clinic consists of two consultants, a team of dermatology registrars and nurses at the Foundation.

## specimen collection

An excision or biopsy can be performed under local anesthetic. Depending on the size of the wound it may require stitching.

Instructions will be given on how to manage your wound. The stitches are usually absorbing and dissolve within 14 days.

## photography

Ordinary photographs are generally not sufficient to enable detection of subtle changes in conditions. There is a professional medical photography service available at the Foundation specialises in melanoma surveillance photography.

The Skin & Cancer Foundation medical photography service is available Monday to Friday during office hours.

## attendance

If necessary, suture (stitches) removal can be done by your GP, or back in the melanoma clinic.

If a patient is seen by a plastic surgeon they may be asked to come back to the clinic for review of the wound and follow up for any pathology.

Patients are reviewed in the melanoma clinic regularly such as every three months/two years, then every six months/two years and then yearly. This may vary according to the individual and the complexity of issues involved in the various treatments.



## other information

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

- Medicare Card / Veterans Card
- Pension / Health Care Card
- List of your current medications

## anticoagulant medication

Please inform our doctors if you take any anticoagulant medication such as Aspirin, Plavix or Warfarin.

## parking

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

## accommodation

If you are travelling a long distance, it is advisable to find accommodation and stay the night of your surgery. There are a number of motels close to the Skin & Cancer Foundation Inc. Please contact us for a list.