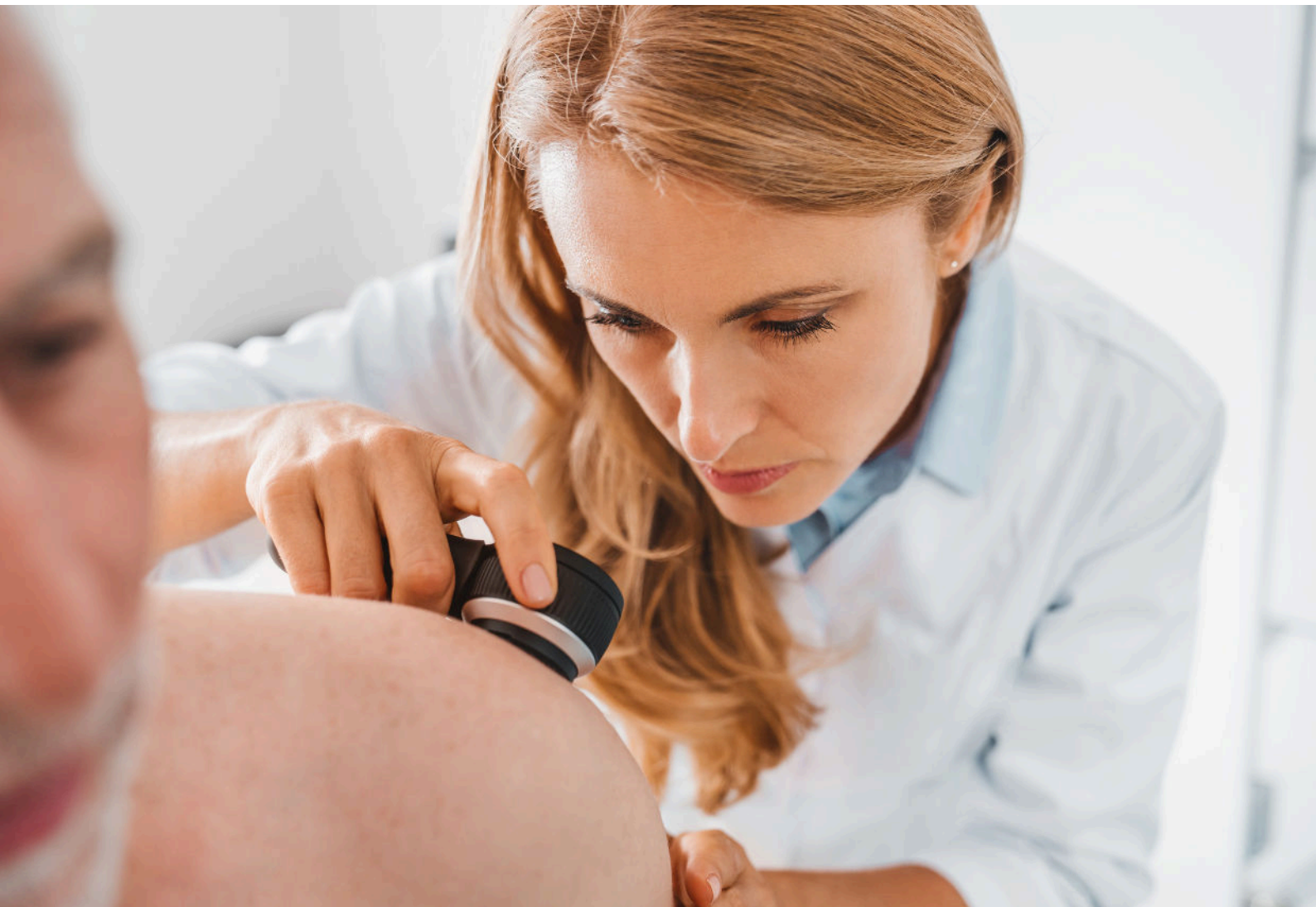




**TOP HEALTH DOCTORS**

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# Your Skin Examination Guide



**Please read through this booklet prior to your skin check appointment**

# Welcome

## Top Health Doctors Skin Cancer Clinics

As Australians, we spend much time outdoors for both work and the enjoyment of recreational activities. This tends to overexpose us to excessive ultraviolet radiation (UVR) from the Sun. Although some of this exposure is necessary for our health (i.e. Vitamin D production), continual and prolonged exposure would lead to skin cell damages, premature aging, pre-cancerous skin cell changes, and eventually, skin cancer.

**Australia has the highest rate of skin cancer in the world. Over 440,000 Australians are treated for skin cancer each year (source: Cancer Council NSW).**

Fortunately, skin cancers are mostly preventable and when discovered early, 95% can be completely cured. Prevention, via sun protective methods, and early detection, via skin checks, are the keys to reduce the morbidity and mortality of skin cancers.



**Australia has one of the highest rates of skin cancer in the world. It is estimated that 2 out of 3 Australians will be diagnosed with some form of skin cancer before the age of 70.**

### **Top Health Doctors Disclaimer**

Top Health Doctors provide comprehensive skin cancer assessments, including medical diagnosis and treatment. During your assessment, the Practitioner will use Dermoscopy and established guidelines to examine your skin to identify any irregular or suspicious lesions evident on the day of your assessment.

If an irregular or suspicious lesion is identified, you should follow the recommended time frame advised by the Practitioner for further diagnosis or treatment.

At the time of assessment, it is your responsibility to inform the Practitioner of any skin changes you are experiencing or have experienced. You must also disclose any personal underlying medical conditions or current medications.

Your participation in this assessment is voluntary, and Top Health Doctors reserve the right to suspend or conclude the assessment, for any reason, at any time the Practitioner deems necessary. As skin cancer can form quickly, Australian skin cancer guidelines recommend that you check your own skin once a month for any changes and seek medical advice within one week of noticing a suspicious new or changing lesion. This booklet is not a medical record and is provided to you as a personal health information resource only. It contains simple strategies on how to check, protect, and care for your skin.

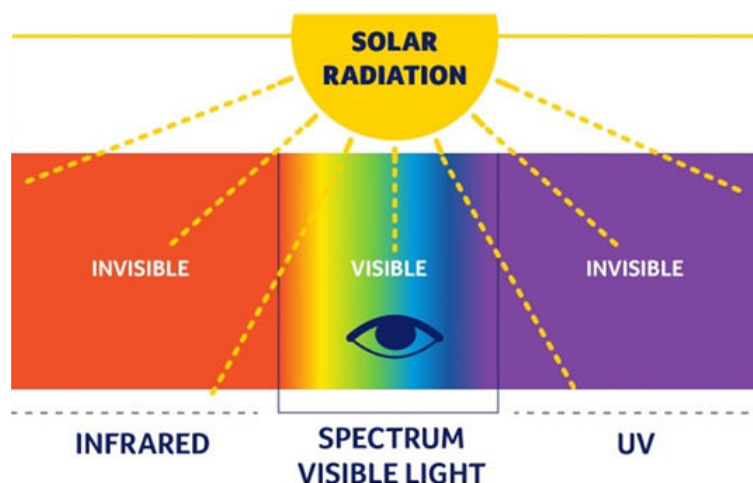
Information collected by Top Health Doctors may be depersonalised and form part of a group statistical report, in accordance with our Privacy Policy. Your information remains strictly private and confidential and is not shared with a third party without your express consent.

To the extent permissible by law, Top Health Doctors, its employees, officers, directors, agents, and contractors accept no liability (including liability for negligence) for any loss, damage of personal items, injuries, illness, or death resulting from this assessment. By participating in the screening appointment, you acknowledge and consent to the terms & conditions of this disclaimer.

# Understanding UV Radiation

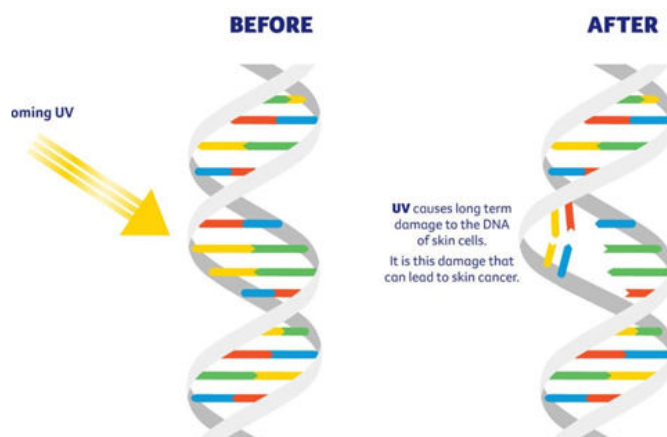


**UV radiation** is responsible for at least 95% of skin cancers in Australia. It is emitted by our sun as an invisible type of energy:



## Interesting Facts about UV radiation:

1. Accumulates in skin
2. Can be as high in winter as in summer
3. Isn't related to temperature
4. Is listed as a type 1 carcinogen
5. Causes 85% of skin aging
6. Isn't stopped by clouds
7. Reflects off many surfaces

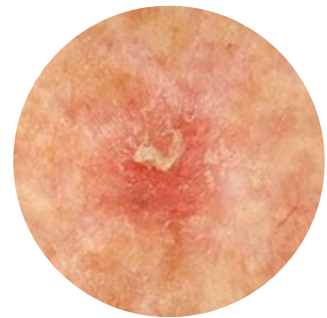


# Skin and skin cancer

**It is extremely important to get a full skin check regularly to look for these skin cancers. There are several types of skin cancers.**

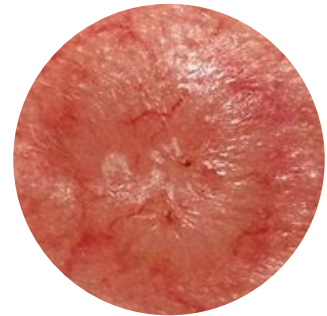
## **Solar (actinic keratosis)**

Often called sunspots, this is a pre-cancerous spot, usually red, scaly, can become lumpy and tender. They can potentially become skin cancers if left untreated



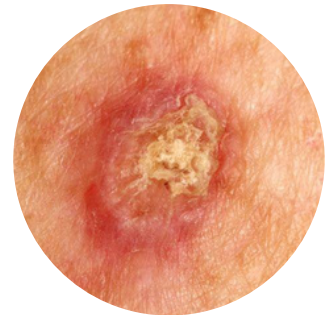
## **Basal cell carcinoma (BCC)**

This is the most common form of skin cancer. It can appear as a lump or scaly area, red, pale or pearly in colour. As it grows in can become ulcerated. Usually grows slowly over time and can often be spotted on head, neck or upper torso areas



## **Squamous cell carcinoma (SCC)**

Appears as thickened, red scaly spot, can ulcerates and bleeds easily. Some type of SCC can grow rapidly while other are more slow growing



## **Melanoma**

The most aggressive and dangerous type of skin cancer. It often appears as a new spot on an existing freckle or mole that changes colour, size and shape quickly. Its shape is often irregular with more than 1 shade of colour. Most are brown or black but can appear pink. It can be flat or elevated. Grows over weeks to months, anywhere on the body. It needs to be excised as soon as possible.



# Common Skin Conditions (non cancerous)

## Seborrhoeic Keratosis

They are very common harmless warty spots that appear during adult life as a common sign of skin ageing. Seborrhoeic Keratosis affect all racial groups and most commonly appear after the age of 40 yrs, although some people may develop them earlier. They can occur in varying shades of brown from light to very dark brown. Their surface usually feels rough and warty. They can sometimes be dry and scaly and become itchy or irritated.



## Cherry Angioma

These are very common red /purple colour spots on the skin. They are also non-cancerous and mainly due to overgrowth of blood vessels. They tend to increase in both size and number with advancing age, particularly around the age of 30 and 40.



## Skin Tags

These are soft, skin-coloured growths on the skin. They are very common, usually small and harmless. They appear to hang off the skin. They are most often found in the skin folds (neck, armpit, groin).



# Common Skin Conditions (continued)

## Freckles

Freckles are small brown spots on your skin, often in areas that get sun exposure. In most cases, freckles are harmless. They form as a result of overproduction of melanin, which is responsible for skin and hair color. Overall, freckles come from ultraviolet radiation stimulation.



## Warts

They are cauliflower like bumps on skin and caused by human papillomavirus (HPV). Warts are contagious and very common. Most people will have one at some point in their lives. Although they can affect people at any age, warts are most common among children and teenagers.



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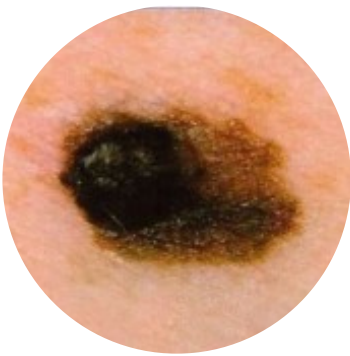
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# How to spot a skin cancer

## Know your ABCDE

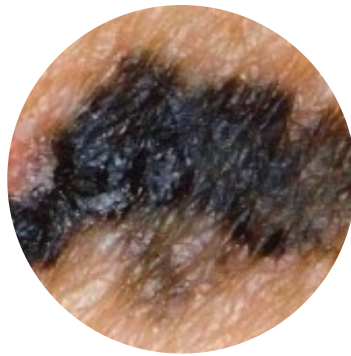
### “Ugly Duckling Sign”

When doing a self-check for melanoma there are certain features you can look out for in your spots and moles. If any mole stands out or looks different from that of surrounding moles, it is the ugly duckling, the odd-mole-out, If you find an ugly duckling mole, you should get it checked out by a doctor immediately.



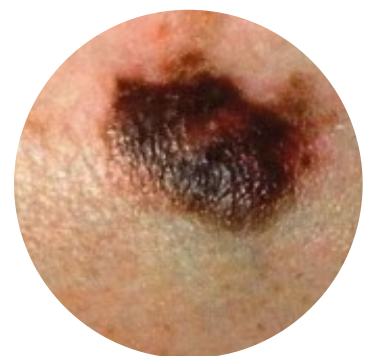
#### A = Asymmetry

One half of the spot is unlike the other half.



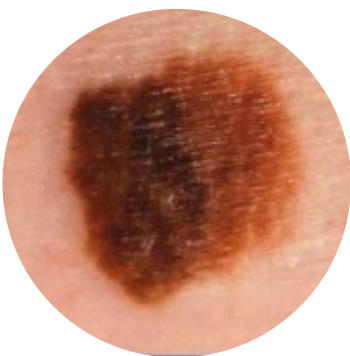
#### B = Border

The spot has an irregular, scalloped, or poorly defined border.



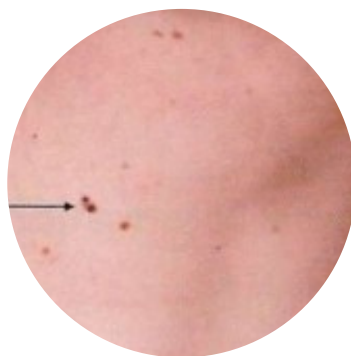
#### C = Colour

The spot has varying colours from one area to the next, such as shades of tan, brown or black, or areas of white, red, or blue.



#### D = Diameter

While melanomas are usually greater than 6 millimeters, or about the size of a pencil eraser, when diagnosed, they can be smaller.



#### E = Evolving

The spot looks different from the rest or is changing in size, shape, or color.



# How to protect and revitalise your skin

## Dry and damaged skin

Dry and damaged skin is more prone to skin cancer. Stay hydrated with 1-2 litres of water a day.

Use moisturising soap and a rough loofah to get rid of skin dead cells. Use vitamin E and A at night to help nourish your skin while it is repairing.

For outdoor activities, seek shade wherever possible. UVR is usually more intense between 10am and 3pm, If possible, schedule outdoor tasks outside these time.

- Always use sun protective clothing to cover your skin.
- Wear long sleeved fabrics which are 50+ UPF.
- Use a wide brim hat that protects the face and neck.



## Sunscreen

To be applied 20 minutes before going outdoors.

Use a generous amount of sunscreen.

Reapply every two hours and immediately after swimming or excessive sweating.

Sunscreen needs to be used correctly to be effective.

### Be sure to follow these tips!

- Use sunscreen of at least 30SPF, broad-spectrum and water resistant.
- check the expiry date of the sunscreen store at temperature below 30°C.
- Wipe it on in gentle strokes as rubbing can break down it's effectiveness.



# Remember

It's important to check your skin once a month



**Moles or spots are typically less concerning if they exhibit the following characteristics:**

1. Consistent color throughout.
2. Symmetrical shape that hasn't altered over time.
3. Clear and well-defined borders.
4. Absence of itchiness or bleeding.



**Moles or spots tend to raise more concern if they:**

1. Exhibit changes in color, shape, or size.
2. Bleed upon touch or when wiped.
3. Develop persistent itchiness lasting two days or more.
4. Experience rapid alterations in height or border appearance.

# If you are diagnosed with Skin Cancer

- Ensure you undergo all recommended treatments.
- Make it a habit to protect your skin daily.
- Familiarize yourself with your diagnosis and adhere to any follow-up routines.
- Attend routine skin examinations as advised by your general practitioner or dermatologist.

## More Resources

Visit our website where you will find lots more useful information and resources.

[w:tophealthdoctors.com.au/skin-cancer-clinics-brisbane/](http://w:tophealthdoctors.com.au/skin-cancer-clinics-brisbane/)

Click on the tabs for info on:

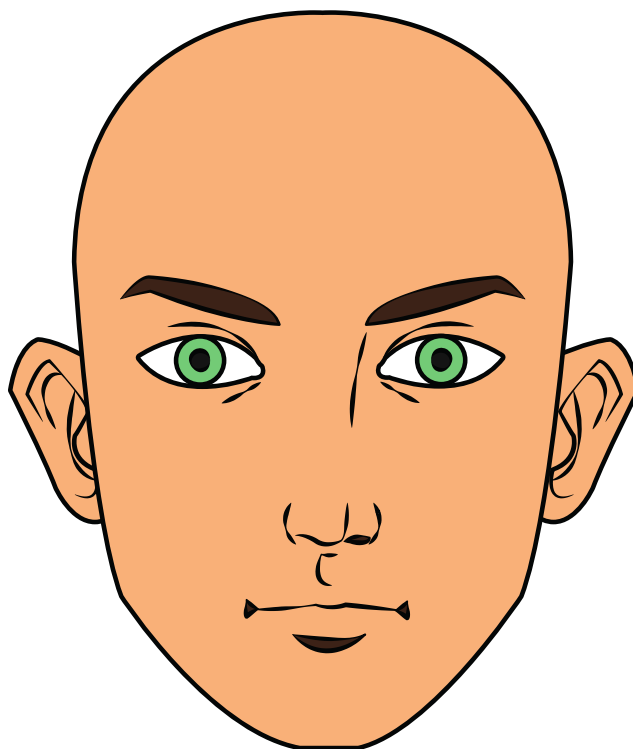
- Are you at risk of skin cancer
- What is dermoscopy
- Protect yourself from the sun *and more*



# Skin examination

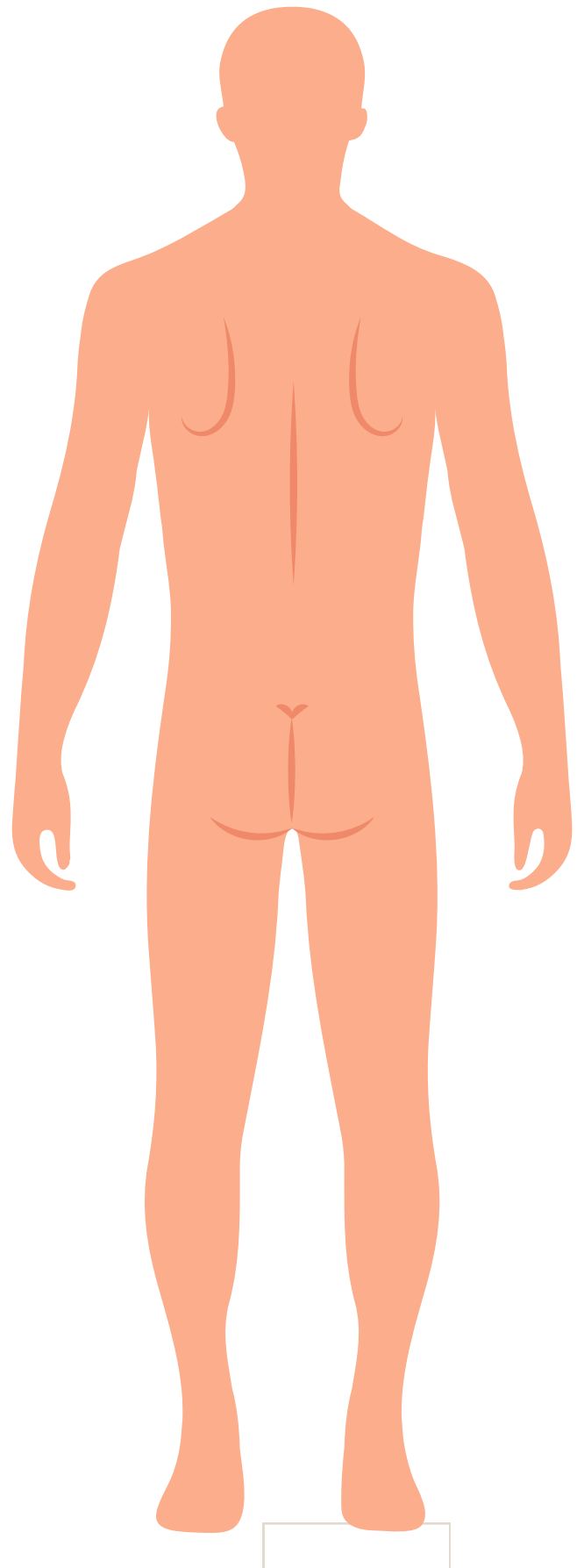
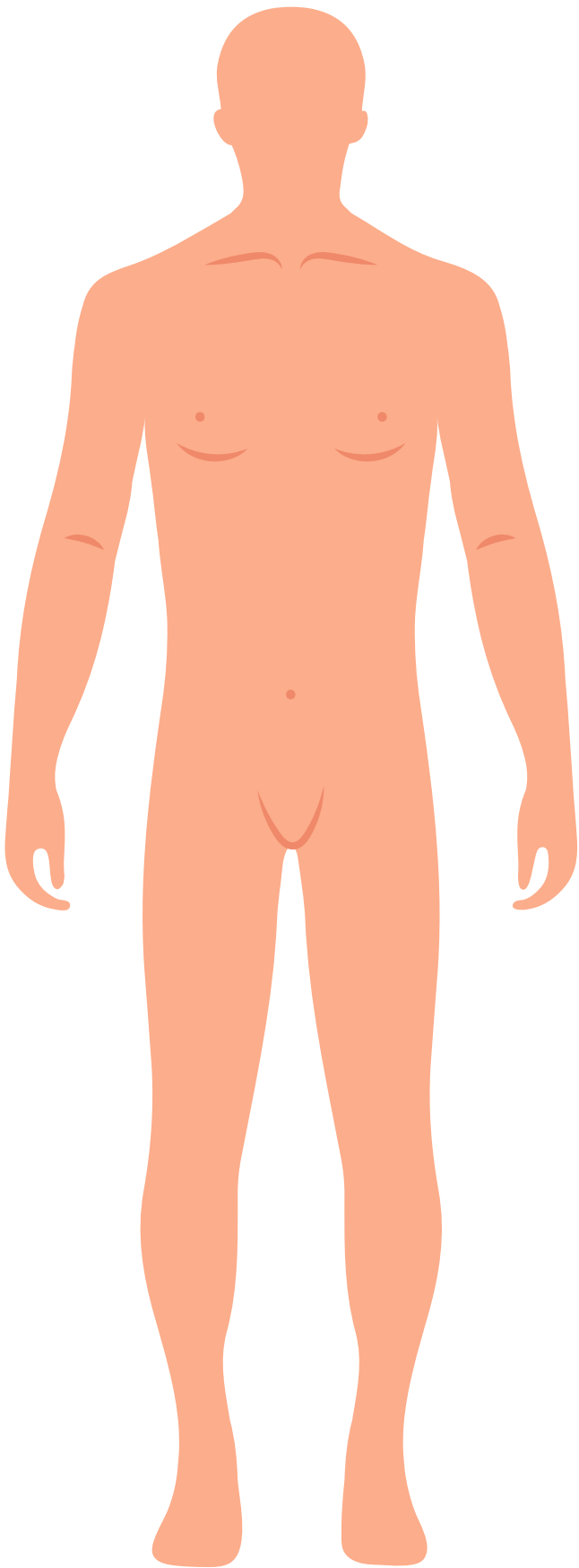
Name:

Date:



**Please mark on the diagrams of any lesions you are concerned before coming in to see us for your upcoming skin check.**

# Skin examination



# Locations

## **Top Health Doctors** **Beenleigh**

114-118 George Street,  
Beenleigh QLD 4207  
p: 07 3060 2200

## **Top Health Doctors** **Cannon Hill**

Shop 1 K Mart Plaza Cannon Hill,  
1909 Creek Road,  
Cannon Hill Qld 4170  
p: 07 3899 1510

## **Top Health Doctors** **Capalaba**

Capalaba Park Shopping Centre,  
Redland Bay & Mt Cotton Roads,  
Capalaba QLD 4157  
p: 07 3390 1813

## **Top Health Doctors** **Coorparoo**

The Village Coorparoo,  
398 Cavendish Road,  
Coorparoo QLD 4151  
p: 07 3255 1208 (via West End clinic)

## **Top Health Doctors** **Greenslopes**

Greenslopes Mall,  
700 Logan Rd,  
Greenslopes QLD 4120  
p: 07 3847 3108

## **Top Health Doctors** **Underwood**

Underwood Shopping Village  
2770 Logan Rd,  
Underwood QLD 4119  
p: 07 3133 0822

## **Top Health Doctors** **West End**

Healthcare Hub Floor 1,  
Montague Markets,  
405 Montague Rd, West End Qld 4101  
p: 07 3255 1208

*Take care of yourself and feel welcome to make  
an appointment with your doctor if you have concerns.  
We are here to help and support you*



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# Your local skin cancer clinics



[tophealthdoctors.com.au](http://tophealthdoctors.com.au)