

Doctors at the Investigator Clinic that perform Skin Cancer Checks are:

Dr John Williams

Dr Arne Leschner

Dr Christine Lucas

Dr Dimitry Podorozhnyy

Dr Alison Lydeamore



Dr John Williams is an Accredited Doctor with the Skin Cancer College of Australia with a Masters Degree in Skin Cancer

Skin Cancer Checklist

When was your last skin cancer check?

It is recommended that you have annual check-ups (sometimes more often if your skin is at high risk) , as well as perform self checks regularly.

Have you noticed any changes?

ACT NOW! Talk to your doctor as soon as possible about ANY spot, freckle or mole that changes in size, shape, colour or bleeding .

Are you a high risk?

People at higher risk of skin cancer are those who:

- previously had a skin cancer and/or have a family history of skin cancer, especially melanomas.
- have a large number of moles on their skin
- have fair skin that is sensitive to ultraviolet (UV) radiation and burns easily
- have a history of severe/blistering sunburns
- spend lots of time outdoors, unprotected, during their lifetime, including working outdoors. Actively tan or use solariums, sunlamps and sunbeds.

Unprotected exposure to the sun up to the age of about 15 can more than double your risk of developing skin cancer later in life.

Avoiding sun damage to skin during the first two decades of life is an important protection against developing skin cancer as an adult.

Investigator Clinic

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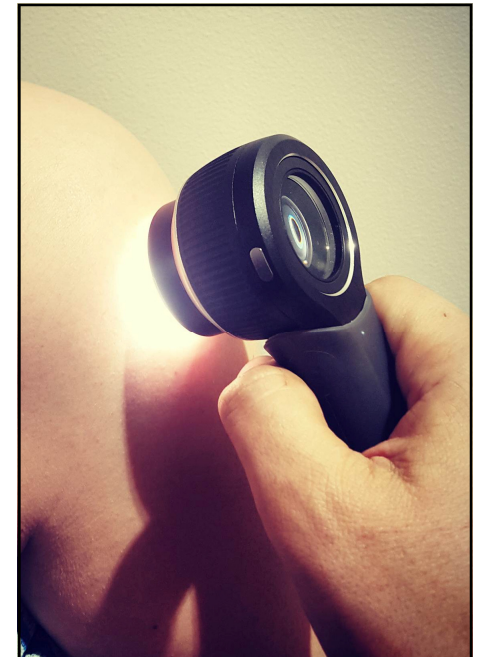
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SKIN CANCER CHECKS

Skin Cancer is the most common form of cancer in Australia - be proactive about your health.



Ask your GP today about having a skin cancer check.

Appts: Ph 08 8683 0788

Why Choose Our Skin Cancer Clinic?

We Offer:

Qualified Professional Services provided “in house” by GP’s who have full access to your medical history and records.

Our Skin Cancer Clinic GP’s have a long history of skin cancer diagnosis and management and have a breadth of skin cancer qualifications. (University of Queensland, ACCRM, HealthCert). Collectively we have been providing skin cancer medicine in Port Lincoln for over a decade.

High definition technology regularly updated

Digital mole mapping with MoleMax™-macro and dermoscopy images.

Fully Equipped designated Procedure Room capable of handling diagnostic and surgical procedures.

Surgical and non-surgical treatment of most skin cancers without need for specialist referral or travel to Adelaide.

Access to ACCRM Tele-derm service and support from visiting dermatologist.

To make your Appointment:

Individual and Corporate skin checks with our Skin Cancer Clinic speak to our friendly receptionist staff any time

or call **08 8683 0788**.

Spotting a skin cancer

Normal, healthy freckles and or moles usually have a smooth edge and an even colour. Skin cancers don’t all look the same but there are some signs to look out for:

- a spot that is different from other spots on the skin
- a spot that is new
- a spot, mole or freckle that has changed in size, shape or colour
- a spot that is sore and doesn’t heal
- a spot that bleeds
- a spot that is flaky or itchy
- any spot that you are concerned about.

It’s important to get to know your skin.

Regularly checking your skin will help you notice any new or changing moles, freckles and spots, and learn what is normal for you.

Check all of your body as skin cancer can sometimes occur on parts of the body not exposed to the sun.

Pay particular attention to your arms, legs, face, neck, back, shoulders and the back of your hands.

If you notice anything new or different on your skin, see your doctor straight away.

Skin cancers that are found and treated early need less invasive treatment and have a better outcome (prognosis).

Take the Skin Cancer Risk Quiz?

Present this to your doctor at your next skin check appointment.

Have you or anyone in your family previously had a skin cancer or melanoma?

YES NO

Does your skin burn easily?

YES NO

Were you frequently exposed to the sun or sunburnt?

YES NO

Do you spend lots of time outdoors, actively tan or use a solarium?

YES NO

Do you have any moles or spots that you are concerned about?

YES NO

Your doctor will have your back. They can check all the places that are hard for you to see and monitor.