

Your Weekly Medical Advice

by Dr Zhi Su

"Committed to the care of our patients and community"



euroa medical

Clinic Hours

Monday – Friday 8am-6pm

Saturday 9am – 5pm

Phone (ALL HOURS) 5795 2011

Emergency clinic

Sundays and public holidays 9am – 11am

(in our rooms @ Euroa Health)

Phone 5795 0200

Skin Cancer

Each year over 2,000 Australians die from skin cancer; yet most skin cancers are preventable and the majority of them can be successfully treated, if found early.

There are 3 types of skin cancers:

- Basal cell carcinoma (BCC): the most common, least dangerous form of skin cancer, red, pale or pearly in colour
- Squamous cell carcinoma (SCC): a thickened, red scaly spot
- Melanoma: the most deadly form of skin cancer

A melanoma is often different to a mole in one or more of the following ways (summed up as ABCDE):

- A) Asymmetry of shape
- B) Border irregularity
- C) Colour variation
- D) Diameter over 6 mm
- E) Evolving (enlarging, changing)

Prevention of skin cancer

Prevention is the best option. If you notice any new growth or change in your skin and you do not know what it is, in particular, any change in the size, shape or colour of an existing mole, or a new dark area of skin develops, it is advisable to see a your GP. Sun protection measures are integral when subject to the sun's UV rays. Slip, Slop, Slap, Seek and Slide is recommended. Slip on some clothing, slop on sunscreen, slap on a hat, seek shade, and slide on sunglasses to prevent skin cancer.

We would appreciate your feedback or topics you would like to hear about at business.manager@emfp.com.au