Skin Cancer

In Victoria, there are around 150,000 treatments for non-melanoma skin cancers, and 2800 newly diagnosed melanomas each year.

Melanoma is considered the most serious or dangerous form of skin cancer because it is more likely to spread to other parts of the body, especially if not found early.

Over exposure to the sun's UV radiation causes 99% of melanoma and over 95% of non-melanoma skin cancer, making skin cancer the most preventable cancer through good sun protection.

Preventing skin cancer

According to the [Cancer Council](https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/preventing-skin-cancer), for best protection, they recommend a combination of sun protection measures:

1. **Slip**on some sun-protective clothing that covers as much skin as possible.
2. **Slop** on broad spectrum, water resistant SPF30 (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
3. **Slap on a hat**– broad brim or legionnaire style to protect your face, head, neck and ears.
4. **Seek** shade.
5. **Slide** on some sunglasses – make sure they meet Australian Standards.

Murray House clinic recommend a skin cancer check at least annually. As well as scheduling your annual assessment, you should see your GP should you notice any of the following signs:

* Changes in a mole size, shape or colour
* The edges of a mole have begun to change
* The mole starts and continues to grow
* The mole is not a solid brown colour, but multicoloured instead

Murray House Clinic has an experienced Skin Specialist for skin checks every Friday. If you are interested, please ring the clinic on 97962222 for an appointment.