

MAKE A BOOKING TODAY



1300 268 822



Skin Cancer Screening

WHAT TO EXPECT

HCA Corporate Health
Healthcare Australia

 1300 268 822  corp.health@healthcareaustralia.com.au

 www.healthcareaustralia.com.au/services/corporate

Why, What, How

Skin Cancer Screening

- . A skin check in the workplace is a convenient, visual service with a fully qualified and experienced clinician, using a dermatoscope.
- . The screening usually takes 10-15 minutes and is discreetly delivered in the privacy of a designated room.

On the day of the clinic

- . Participants complete an online consent form prior to the clinic that the nurse will go through on the day of the appointment.
- . You have access to educational material, beneficial information and a referral card if required on the day. You will also receive an email with an overview of your assessment.

Referral Process

- . If the clinician advises you to see your GP or visit a Skin Cancer Clinic, it is advisable to do this as soon as possible.

Why have a skin check?



Screen the skin for suspicious areas



Determine skin cancer risk



Educate on self checking

The importance of skin checks


Australia has one of the highest rates of skin cancer in the world, with two in three Australians diagnosed with a skin cancer by the time they are 70.

The earlier a skin cancer is detected and treated, the better the chance of survival. Skin cancer is one of the most preventable forms of cancer in Australia.

Having regular skin checks can promote awareness and assist with recognising any skin changes.



2 in 3 Australians
are diagnosed with a skin cancer
by the time they are 70 years old.



Skin Cancer Checks
**FREQUENTLY
ASKED
QUESTIONS**

What does a Skin Cancer Check entail?

During a skin check, the clinician will be studying your skin with a dermatoscope quite closely. The dermatoscope is held up to your skin and can take photos of your skin. During your consultation, the clinician will examine the skin on your face, neck, arms, torso, fingers, toes, soles of your feet and palms of hands. It is preferable to wear loose clothing on the day of your appointment.

Is a skin check safe?

A skin check is **completely safe and pain free.**

How long does an appointment take?

An appointment in the workplace usually takes **between 10 and 15 minutes.**

Do I need to undress?

Usually a skin check requires the need to remove all clothing except for undergarments, however the clinician will be guided by the participant with regards to the level of comfortability the participant has in the removal of clothing. The clinician will also use a drawsheet for privacy to place over areas not being assessed.

What happens if something suspicious is found?

If a lesion of concern is discovered, you will be referred to a SunDoctors Skin Cancer Clinic or to your usual GP.

I am worried about a mole on my back. Should I tell the clinician?

If you are concerned about a particular lesion, it is best to advise the clinician on the day of your appointment so they can assess the area.

I am fair skinned - does that increase my risk of skin cancer?

Yes. There are however many ways you can keep yourself safe. Stay in the shade as much as possible, keep your skin covered, always wear sunscreen and a hat when outside and have regular skin checks.

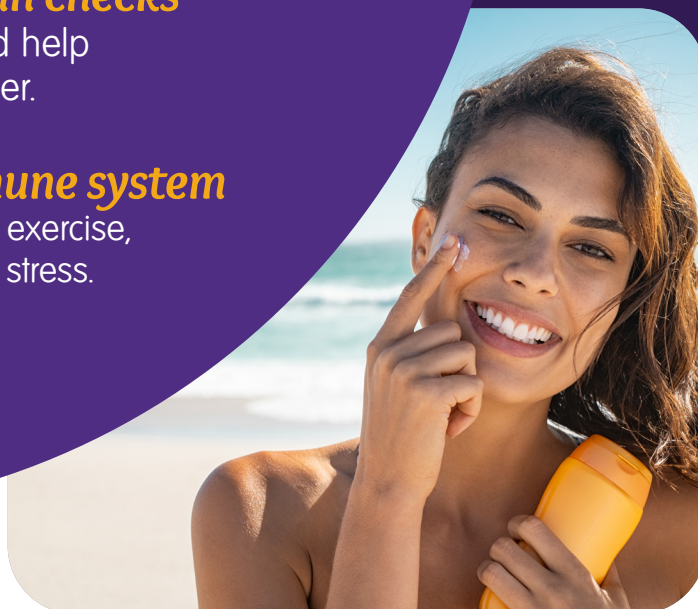
REMEMBER

Have regular skin checks

Early detection could help you avoid skin cancer.

Boost your immune system

with a balanced diet, exercise, rest and try to reduce stress.



Do people with dark skin get skin cancer?

Yes, they can. Whatever your skin type, stay in the shade as much as possible, keep your skin covered, always wear sunscreen and a hat when outside and have regular skin checks.

What can I do to stay healthy and prevent having Melanoma?

Remember Slip, Slop, Slap? Now it is Slip, Slop, Slap, Seek and Slide. That's - SLIP on a shirt, SLOP on the 30+ sunscreen, SLAP on a hat, SEEK shade or shelter and SLIDE on your sunglasses.

Can I access educational material for further information?

You will have access to educational brochures online when you book your appointment by visiting sundocors.com.au/contact-us

How many types of skin cancer are there?

There are three major types of skin cancers:

- **Basal cell carcinoma (BCC)**
- **Squamous cell carcinoma (SCC)**
- **Melanoma**

How do I make a follow up appointment if I have been referred by the clinician?

You can call **13SKIN (7546)** to make an appointment to attend a referral appointment at a SunDoctors Skin Cancer Clinic closest to you, or if you prefer, by contacting your usual GP.



Stay Safe, Stay Well,
Work Well

Contact Healthcare Australia

Corporate Health



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