

## IS IT SAFE TO USE SOLARIUMS?

Solariums and sunbeds are not a safe way to tan. These forms of artificial tanning use high doses of ultraviolet radiation (UVR), made up of both UVA and UVB rays. They are responsible for wrinkling and ageing skin, causing sunburn and skin cancer, as well as eye damage, skin irritation, redness and swelling. The UVR dose accumulated while obtaining a tan in a solarium has been shown to **increase the risk of developing skin cancer**. A solarium tan will not protect your skin from natural UV radiation when you go out in the sun.

Reference:

<http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Solariums?open>



## THINGS TO REMEMBER

- Australia has the highest incidence of skin cancer in the world.
- Long-term exposure to the sun and sunburn cause skin damage that may lead to skin cancer.
- Everyone, no matter what their skin type, is at risk of sun damage and skin cancer.
- Check your skin regularly and if you have any unusual spots (or notice changes in size, shape or colour to spots) have them checked by your doctor.

## BLACKBURN CLINIC

195 Whitehorse Rd, (Locked Bag No.9)  
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## SKIN CANCER CLINICS

At  
**BLACKBURN  
CLINIC**



## WHY EVERYONE SHOULD HAVE A SKIN CHECK?

“Australians suffer the highest rates of skin cancer in the world. Each year, around 1,600 Australians die from what is an almost totally preventable disease.”<sup>1</sup>

### LONG-TERM SUN EXPOSURE AND SUNBURN DAMAGES SKIN CELLS

There are 3 main types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and melanoma (which is the most serious skin cancer).<sup>2</sup>

#### RISK FACTORS

- Long-term sun exposure (eg. working outdoors, outdoor sport)<sup>1</sup>;
- Sunburn (whether mild or severe) causes skin cell damage.<sup>1</sup>;
- Hereditary factors play an important part in susceptibility to skin cancer (eg. increased incidence of skin cancer among people of Anglo-Celtic origin)<sup>1</sup>;
- Fair skin (people with darker skin naturally have more protection against sunburn, but are still at risk).<sup>1</sup>

## SKIN CANCER CLINICS AT BLACKBURN CLINIC

Why you should attend the SKIN CANCER CLINIC at Blackburn Clinic:

- The appointment is a special time set aside to check the skin health of your whole body.
- Our doctors all hold a certificate in skin cancer management.
- We have new diagnostic equipment dedicated to the Skin Cancer Clinic.
- We will also be able to keep photographic records of skin lesions where necessary (to help track changes over time).
- If your doctor recommends further investigation, we have Theatre facilities on-site suitable for biopsies and excisions.
- Most patients should have their skin checked for skin cancers yearly.

Appointments will usually take 15 minutes.

This clinic is only for skin cancer checks and other medical issues cannot be dealt with during this appointment.

### WHAT DOES IT COST?

Normal consultation and procedural fees apply.

### HOW DO I ARRANGE AN APPOINTMENT?

Phone reception on 9875 1123 and ask for a skin cancer clinic appointment.



References:

- 1- [http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Skin\\_cancer\\_risk\\_factors\\_and\\_early\\_signs?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Skin_cancer_risk_factors_and_early_signs?open)
- 2- [http://www.cancervic.org.au/about-cancer/cancer\\_types/skin\\_cancers\\_non\\_melanoma/](http://www.cancervic.org.au/about-cancer/cancer_types/skin_cancers_non_melanoma/)