

MELANOMA CLINIC

The Melanoma Clinic is a specialised clinic set up to manage patients who have had melanoma and require ongoing skin surveillance.

Patients are referred to the Skin Health Institute from either the Victorian Melanoma Service or their GP.

The Skin Health Institute is linked with the Victorian Melanoma Service clinic at the Alfred Hospital, which is a multi-disciplinary clinic involving dermatologists, plastic surgeons, general surgeons, medical oncologists, radiation oncologists, histopathologists and cancer support services.

DURING THE MELANOMA CLINIC

The following topics will be discussed with patients during their attendance at a melanoma clinic:

- general health and well being
- medications
- history of skin cancer

In addition to the above discussion, the following may also be performed during a clinic:

- an examination
- biopsy and excision

Our team may also request that a patient has medical photography undertaken to assist with either individual lesions or full body mapping.

THE CLINIC TEAM

The Melanoma Clinic consists of two consultants, a team of dermatology registrars and nurses at the Institute.

SPECIMEN COLLECTION

An excision or biopsy can be performed under local anaesthetic. Depending on the size of the wound it may require stitching.

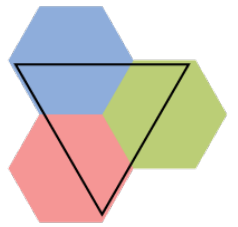
Instructions will be given on how to manage your wound. The stitches are usually absorbing and dissolve within 14 days.

PHOTOGRAPHY

Ordinary photographs are generally not sufficient to enable detection of subtle changes in conditions. There is a professional medical photography service available at the Institute specialises in melanoma surveillance photography.

The Skin Health Institute's medical photography service is available Monday to Friday during office hours.





ATTENDANCE

If necessary, suture (stitches) removal can be done by your GP, or back in the melanoma clinic.

If a patient is seen by a plastic surgeon they may be asked to come back to the clinic for review of the wound and follow up for any pathology.

Patients are reviewed in the melanoma clinic regularly, such as every three months/two years, then every six months/two years and then yearly. This may vary according to the individual and the complexity of issues involved in the various treatments.

ANTICOAGULANT MEDICATION

Please inform our doctors if you take any anticoagulant medication such as Aspirin, Plavix or Warfarin.

MELANOMA – WHAT TO LOOK FOR

Melanoma can vary greatly in appearance and can occur anywhere on the body, but mainly occur in sun exposed areas.

It is important to look for changes in existing freckles or moles.

Follow the ABCDE guide when monitoring your skin by looking for:

A - Asymmetry

B - Border becoming irregular

C - Colour becoming uneven

D - Diameter (size) changing or > 6mm

E - Evolving, changing and growing

If you notice any changes in your skin it is important you see a qualified dermatologist.

RISK FACTORS ASSOCIATED WITH MELANOMA

Several risk factors associated with melanoma include:

- Severe sunburns
- Large number of moles
- Previous history of melanoma
- Family history

OTHER INFORMATION

On the day of your appointment, please ensure that you bring along:

- Medicare Card / Veterans Card
- Pension / Health Care Card
- List of your current medications

Getting to the Skin Health Institute

There is metered parking available in the streets close by, and all-day parking at the Melbourne Museum off Rathdowne St. Parliament Station is our nearest train station. Our nearest tram stops are:

- Melbourne Museum (route 86 and 96)
- St Vincent's Plaza (routes 11, 12, 109)
- Swanston St/Queensberry St (routes 1, 3, 5, 6, 16, 64, 67,72)

Walk through Carlton Gardens to find us on the corner of Drummond St and Queensberry St.