

## 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

## parking

There is metered parking available in the streets close by, in addition to 24 hour public parking off Pelham and Rathdowne Streets.

## accommodation

If you are travelling a long distance, it is advisable to find accommodation and stay the night of your surgery. There are a number of motels close to the Skin & Cancer Foundation Inc. Please contact us for a list.

## support the foundation

Our Foundation relies on the support of others to ensure we can continue with our commitment of providing world class care, education and research for skin disorders. See below for the range of ways on how you can support us.

## fundraise

Start fundraising with friends and family. Sign up for an existing event in your region or create your own event with our online Foundation fundraising page. Simply visit our website and refer to the 'fundraise now' button on the home page for your convenience.

Alternatively don't hesitate to contact us:  
t: 03 9623 9400 e: [fundraise@skincancer.asn.au](mailto:fundraise@skincancer.asn.au)

## donation

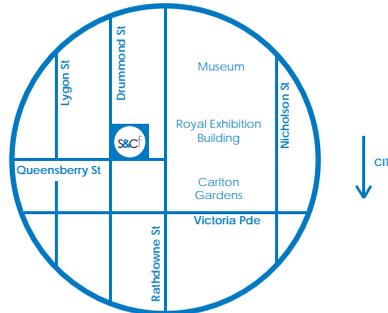
Donate to our cause today. All donations of \$2 or more are tax deductible. Simply visit our website and refer to the 'donate now' button on the home page for your convenience.

Alternatively don't hesitate to contact us:  
t: 03 9623 9400 e: [donate@skincancer.asn.au](mailto:donate@skincancer.asn.au)

## bequest

If you wish to make a bequest a member of our Foundation is available to talk with you regarding your preferred option in addition to discussing our recognition of support program.

t: 03 9623 9400 e: [bequest@skincancer.asn.au](mailto:bequest@skincancer.asn.au)



### Skin & Cancer Foundation Inc

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ABN. 58 895 584 259 Registered Charity A 12501

DISCLAIMER: Content in this brochure is provided for general information only. It is not intended as medical advice, and should not be relied upon as a substitute for consultations with qualified health professionals who can determine your individual medical needs.

# grenz rays clinic



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## the skin & cancer foundation inc

The Skin & Cancer Foundation Inc is Australia's leading specialist dermatology centre. It is a not-for-profit organisation specialising in the treatment, education and research of skin disorders.

Established in 1987, the Foundation offers patients peace of mind knowing that their skin is in expert hands. The Foundation provides the best in dermatology industry standards, and professional advice.

## grenz rays

Grenz rays are a special form of very soft x-rays. They share properties with ultra-violet (UV) light radiation. On the electromagnetic spectrum, Grenz Rays arise on the border of UV light and xrays. German scientist Gustav Bucky discovered the rays and named them 'Grenz rays' because 'Grenz' means 'Border' in German.



## how long has it been around

Grenz rays were first used therapeutically in the 1930s for the treatment of a number of skin conditions, including psoriasis, eczema and premalignant skin changes such as solar keratosis. With the introduction of effective topical corticosteroids, Grenz rays became a less popular treatment option. There has, however, been a recent renewed interest in the use of Grenz rays in conjunction with more conventional treatments for such skin conditions.

## side effects

Occasionally, some mild pinkness can be seen in the treatment area following treatment. Sometimes, pigmentation change similar to that of a light tan from UV radiation can also develop in the treatment area.

As with UV radiation, there is a small potential risk of developing skin cancer in the treatment areas if safe dose limits are exceeded.

## first appointment

Your dermatologist will assess you for suitability for Grenz ray treatment and decide upon a treatment regime. Regimes usually consist of one treatment per week to each area for four to six weeks, depending on response.



You will then be taken to the Radiation Therapy units where the Grenz treatment is delivered. The treatment time itself is very short – under one minute for one treatment area.

## after treatment

There is no pain, burning sensation or discomfort during your treatment.

Often, a reduction in itch or symptoms is seen shortly after treatment. However, it may take up to one month after completing your treatment course to see maximum response.

## does it cure?

Unfortunately, no. The results of Grenz ray treatment may not be permanent. You will generally see a dermatologist while you are undergoing treatment and they will advise you about continuing treatment.

After your treatment course is complete, you will be referred back to your referring doctor for ongoing surveillance.

