

photodynamic therapy - how does it work

Photodynamic therapy involves 3 elements:

- A photosensitiser (instrument that makes the treatment target sensitive to light)
- A light source - an LED lamp or laser
- Oxygen

The treatment involves applying a cream to the skin (Metvix) that contains chemicals which are absorbed by the abnormal skin cells that form the skin cancer or precancer. During the three hours that the cream is on the skin, the chemical absorbed by the cells is converted into a product that is very sensitive to light (photosensitiser).

A light source is then used on the treatment site and the light interacts with the photosensitiser activating it and causing it to convert energy from the light to produce toxic oxygen free radicals. Toxic oxygen free radicals are produced damaging the cells that contain it. This reaction requires the presence of oxygen.

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

donation

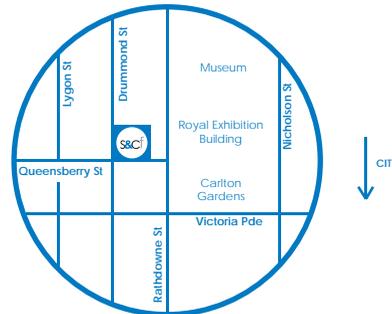
Donate to our cause today. All donations of \$2 or more are tax deductible. Simply visit our website and refer to the 'donate now' button on the home page for your convenience.

Alternatively don't hesitate to contact us:
t: 03 9623 9400 e: donate@skincancer.asn.au

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



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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.



photodynamic therapy clinic

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.

photodynamic therapy clinic

The Photodynamic Therapy (PDT) Clinic is a specialised clinic set up to manage patients with superficial skin cancers where surgery may not always be appropriate.

Patients are referred to the Skin and Cancer Foundation Inc from other specialists. The clinic is held on a fortnightly basis.

PDT patients have unique dermatological needs:

- Superficial and Nodular Basal Cell Carcinomas
- Pre-cancerous lesions (Actinic Keratoses, Bowen's Disease)

photodynamic therapy team

The PDT Clinic consists of Dermatology Consultants, a team of Dermatology Registrars and the medical photographer at the Skin & Cancer Foundation Inc. Nurses will conduct the treatment on your appointed day.



what happens at the clinic

Patients referred to the clinic by the Skin Cancer Foundation Inc will have an appointment made with a Dermatologist who will discuss the following details:

- General health & wellbeing
- Medications
- History of patient and his/her lesion(s)

The doctor will then perform an examination. The area to be treated will be marked out. Photos will also be taken. Suspicious lesions may be biopsied or excised on the day of consultation. After consultation, if PDT is determined to be an appropriate option another appointment will be made for treatment to be undertaken.



during treatment

You will attend the Foundation on the morning of your appointment for preparation and application of Metvix cream.

The areas to be treated will be marked out, photographed and lightly curetted before application of the Metvix cream. A light dressing will be applied which will be in place for 3 hours. You can go about your daily activities or relax in our lounge until the second stage of treatment is undertaken.

After 3 hours has elapsed your dressing will be removed, areas cleansed and examined under a Wood's lamp. Treatment will then begin using a heat free red light. It will take approximately 7 - 8 minutes.

Some patients may feel a sensation during illumination. This varies from person to person and ranges from a mild discomfort to a warm prickly sensation.

We will reduce any discomfort by using a fan or water spray to cool the skin. Panadol can be taken one hour prior to light therapy. If unable to tolerate the discomfort, local anesthetic can be given prior to treatment or treatment can be stopped.

After treatment is concluded a light dressing will be applied and left on for 24 hours. Vaseline will be applied from then on. Wound care information will be given. The skin will become red and slightly swollen. It will then crust over and heal from below.

how many treatments

It depends on what we are treating. Usually patients come 1 - 2 times with a 3 - 4 week break between treatments. Patients are usually reviewed in the PDT clinic after 3 months. This may vary according to the individual and the complexity of issues involved in the various treatments.



other information

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

- Medicare Card/Veterans Card
- Pension/Health Care Card
- A list of medications

parking

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