

Things to remember before your Skin check or Molemap by Peninsula Skin Cancer Centre.



Check if there are any close relatives with a history of skin cancer, especially melanoma.

There can be some hereditary factors determining your risk of skin cancer such as Familial Atypical Multiple Mole syndrome.



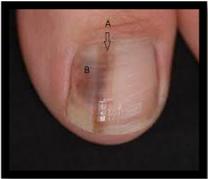
Bring a list of your medications and pre-existing conditions .

List your allergies, prescriptions and medical devices such as pacemakers, hearing aids. These may influence treatment options for skin cancers.



Write down your concerns so you don't forget to show them to the doctor.

Make note of any new, changing, itchy, sore, bleeding moles or growths on your skin. Any new red patches of skin or pimple like nodules.



Remove the nail polish from your finger and toenails.

Melanoma can develop in the nail bed of finger and toenails. It usually presents as an uninterrupted brown & grey line through the nail or a disruption in the nail growth.



Remove all your makeup and sunscreen.

There are more skin cancers on the head and neck than anywhere else on the body. We need to look at patterns in the blood vessels or colours in the pigmented spots on the skin surface. Makeup or sunscreen can make it difficult to see these features.



Make sure your hair is knot free and bring a hair tie.

We will be checking your scalp closely for hidden skin cancers, even through long thick hair, as some melanomas appear on skin never exposed to the sun. You can then tie it back so we can check your ears and neck closely.



Check your breasts and under your pants before the appointment.

If there is a lesion you are worried about, talk to the doctor about it. Remember, 2% of melanomas are on hidden skin including the genitals.



Wear your good underwear - no commando's please.

You will be asked to remove your outer clothes down to your underwear so we can check your whole body from top to toe. A hospital gown will be provided.



Bring your diary.

In case you need to book an appointment. You don't want to have something done to your face the week before your special occasion like a family wedding!

Peninsula Skin Cancer Centre
375 Nepean Hwy Frankston ph. 9770 0040
93 Tanti Ave Mornington ph. 5975 9544
www.pscc.net.au