

News From...



The Australasian College of Dermatologists

Men's Health Week – Father and 'Sun' health checks 12 – 18 June 2006

Australia's leading professional organisation for the diagnosis and treatment of all skin diseases, the Australasian College of Dermatologists (ACD) is urging Australian men to take advantage of National Men's Health Week, and to add an annual skin cancer check to their normal health checks.

The Honorary Secretary of the ACD, Dr Stephen Shumack, says events such as Men's Health Week help highlight the need for Australian men to visit their General Practitioner for regular, and possibly lifesaving, skin check ups.

"Medical checks are not just for when you're feeling sick, it's important to visit your doctor regularly to monitor your overall health and well being," says Dr Shumack.

"With regular monitoring, suspicious moles and blemishes can be detected early, and reviewed by a Dermatologist if appropriate."

"Early detection of skin cancer, and taking steps to prevent it, will save many lives in the future."

Annual check ups are highly recommended and the procedure should begin with a visit to your general practitioner. If he or she has specific concerns then you may be referred to a dermatologist.

Despite being winter, it is still important to continue the practice of wearing sun screen, hats and protective clothing all year round.

Dr Shumack says this is also extremely important for those engaging in winter sports such as skiing or snowboarding.

"Just because it's cold doesn't mean that you're safe from the sun. UV exposure has no correlation with the temperature and people are still at high risk even when it's overcast," he says.

In 2006 almost 300,000 Australians will visit a doctor or dermatologist to have a skin cancer (or cancers) removed and, unfortunately, more than 1,300 people will die this year from the disease.

It is also estimated that almost two thirds of Australians will contract skin cancer sometime during their lives – while prevention is definitely better than cure, if caught in early stages most skin cancers can be cured.

For further information on sun protection and the risks of skin cancer visit www.dermcoll.asn.au.

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