



AUSTRALIA DAY 2019



**South Coast Medical
is closed on
Monday, 28th January 2019**

and will reopen
Tuesday, 29th January 2019
at 8:30am

Rosebud Clinic
Open: Saturday, 26th January 2019
9:00am - 12:00pm
1533 Point Nepean Road
Rosebud
03 5986 2155

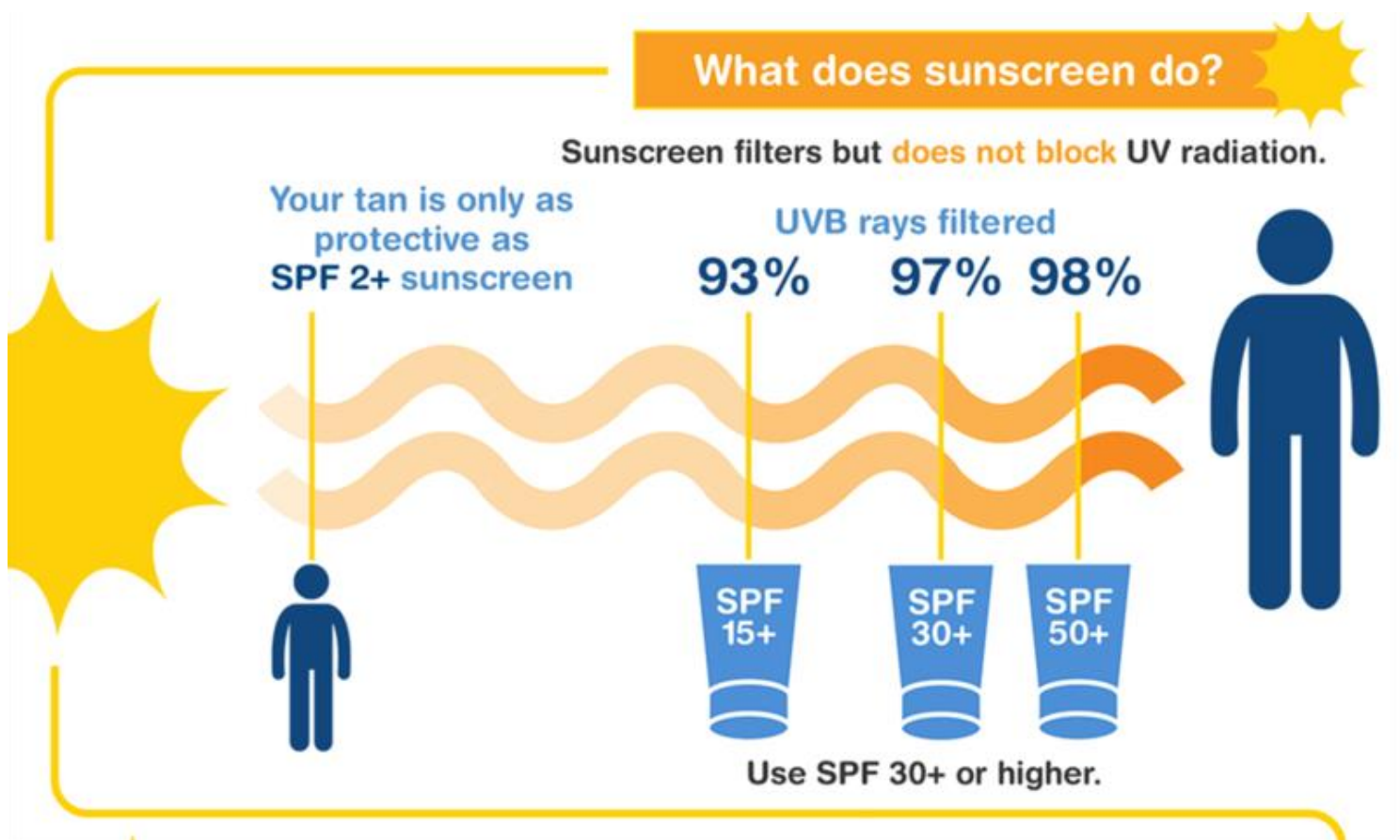
When our clinics are closed the after hour's service is provided by DoctorDoctor.

Please call 5986 2155

In case of an emergency call 000 (triple zero)

After hours for regular Blairgowrie patients only, call 5988 8604





Skin cancer is the most common cancer diagnosed in Australia.

Over **434,000** people are treated for one or more [non-melanoma](#) cancers in Australia each year and over **11,500** people are treated for [melanomas](#)

Skin cancer is largely preventable. Be SunSmart. When the [UV level](#) is 3 or above, protect yourself against sun damage and skin cancer by using a combination of these five steps:

Slip



Slip on sun protective clothing

Choose clothing that:

- covers as much skin as possible eg. shirts with long sleeves and high necks/collars
- is made from close weave materials such as cotton, polyester/cotton and linen
- if used for swimming, is made from materials such as lycra, which stays sun protective when wet

Slop



Slop on SPF 30+ sunscreen

Make sure your sunscreen is broad spectrum and water-resistant. Don't use sunscreen to increase the amount of time you spend in the sun and always use with other forms of protection too. Apply sunscreen liberally to clean, dry skin at least 20 minutes before you go outside and reapply every two hours.

Slap



Slap on a hat

A broad-brimmed, legionnaire or bucket style hat provides good protection for the face, nose, neck and ears, which are common sites for skin cancers. Caps and visors do not provide enough protection. Choose a hat made with closely woven fabric – if you can see through it, UV radiation will get through. Hats may not protect you from reflected UV radiation, so also wear sunglasses and sunscreen.

Seek



Seek shade

Staying in the shade is an effective way to reduce sun exposure. Use trees or built shade structures, or bring your own! Whatever you use for shade, make sure it casts a dark shadow and use other protection (such as clothing, hats, sunglasses and sunscreen) to avoid reflected UV radiation from nearby surfaces.

Slide



Slide on some sunglasses

Sunglasses and a broad-brimmed hat worn together can reduce UV radiation exposure to the eyes by up to 98 per cent. Sunglasses should be worn outside during daylight hours. Choose close-fitting wrap-around sunglasses that meet the Australian Standard AS 1067. Sunglasses are as important for children as they are for adults.

Be UV aware



Be extra cautious in the middle of the day when UV levels are most intense.

The UV Index tells you the time period in which you need to be SunSmart. It is on the weather page of most daily newspapers and on the Bureau of Meteorology website: www.bom.gov.au/weather/uv

Check your skin regularly and see a doctor if you notice any unusual skin changes. If you have a lesion that doesn't heal, or a mole that has suddenly appeared, changed in size, thickness, shape, colour or has started to bleed, see your doctor immediately. Treatment is more likely to be successful if skin cancer is discovered early.

Remember, if you have any concerns or questions, please contact your doctor.

Where can I get reliable information?

Cancer Council [13 11 20](http://131120.org.au)

Information and support for you and your family for the cost of a local call anywhere in Australia.

Cancer Council Australia website

Our Doctors

Dromana - Dr Dominique Coleman, Dr Mandar Gokhale, Dr Ian McIntosh, Dr Greg Ward

Rosebud - Dr Nish Balakrishnan, Dr Timothy French (commencing 4 February 2019), Dr Omeros Kefaladelis, Dr Duncan Ledger, Dr Miro Milanko, Dr Ruth Mitchell

Rye - Dr Tony Croker, Dr Olivia Formica (commencing 4 February 2019), Dr Miro Milanko, Dr Neil Stitt

Blairstown - Dr Damian Flanagan, Dr Jon Priestley