



South Coast Medical are committed to providing our patients with the best and most relevant care.



December 2019 Issue

Updates on our Doctors/Clinics;

What's new in the clinics?

Who's new? Who's on leave?

Did You Know?

Find out about services South Coast Medical provide that you may not know about and current offers from the clinic:

- Dietitian
- Psychologist
- Skin Cancer

Are You Following Us on Facebook?

Like South Coast Medical to keep up to date with the latest clinic information



What's new in our clinics?

South Coast Medical have been running our Community Talks over the last couple of months on both Buruli Ulcer and Skin Cancer Awareness. Due to overwhelming public interest, we will be running another Buruli Ulcer talk in February 2020, please register your interest early as the talks have been filling very quickly. We've been receiving some great topics for further Community Talks and will email out a calendar of events in the New Year so be sure to keep an eye out and register your interest early.

Change of Hours for Dr Ciara Flynn

To assist her patients by providing more appointments, Dr Ciara Flynn is now offering appointments from 8.30am every Friday. Her Tuesday and Thursday appointments will continue to start from 9.30am

Who's on Leave?

Many of our Doctors have leave planned over December and January. If you need to make an appointment please call your clinic to schedule one.

Dr Nish Balakrishnan: 6th December to 23rd December

Dr Duncan Ledger: 9th December to 16th December & 27th December to 2nd January

Dr Mandar Gokhale: 16th December to 6th January

Dr Ruth Mitchell: 27th December to 7th January

Dr Tony Croker: 13th December & 23rd December to 30th December

Dr Greg Ward: 27th December

Dr Damian Flanagan: 24th December

Lynda Ledger: 9th December to 15th January

Tele Demetrious: 27th December & 30th December

You can call any of our clinics and make an appointment with any of our general practitioners, nurses and allied health team or book online at

www.scmc.com.au



DID YOU KNOW?

At South Coast Medical we are more than a Doctors Surgery.....

We have professionals in several fields to assist you with your health concerns, Allied Health Professionals and Registered Nurses help make our clinics a stand out choice for your care.

In the coming newsletters we'll introduce you to many of our professionals and the services that South Coast Medical has to offer, but in the meantime, we welcome you to make an appointment at our clinics with our GPs, Nurses, Physiotherapist, Podiatrist, Diabetic Educator, Dietitian or Psychologist

Meet Our Dietitian: Jodie Read

Jodie is an experienced dietitian specialising in weight loss, chronic disease prevention and management, sport and fitness nutrition, pregnancy and maternal health and food allergies and intolerance.

Jodie uses evidenced based practice as well as practical skills to reach your goals. Jodie believes in knowing how much is enough and what your body needs to be at its best.

Jodie is an accredited practicing Dietitian and Nutritionist with the Dietitians Association of Australia.

Jodie works from our Rye clinic on a Thursday. To book an appointment with Jodie or any of our health providers please call 5985 7776



Meet Our Psychologist: Margaret Loffler



Margaret has over 25 years of experience as a treating Clinical and Counselling Psychologist. She has worked from South Coast Medical rooms for 20 years and is a well-respected and highly sought-after psychologist.

Margaret has skills and strategies to enable clients to take the central role in goal setting and solution finding. Margaret's clients progress by focussing on their strengths rather than their weaknesses. They find ways around their issues and construct different visions for their future, and set small achievable goals.

Margaret's clients usually require between five to eight sessions before they feel they have reached a point in which they are ready to set forth independently.

From February 2020, Margaret will be working from our Dromana clinic on a Tuesday. To book an appointment with Margaret or any of our health providers please call 5981 4300.

Holiday Period Opening Hours

Our clinics will be open during the Christmas Holiday period as normal with the exception of the public holidays and some earlier closing times. Our Blairgowrie clinic will also open on two Saturday mornings. Please see below for the changes to our normal schedule

Tuesday December 24th – all clinics will close at 1pm

Wednesday December 25th – all clinics will be closed

Thursday December 26th – Rosebud clinic open 9.00-12.00

Saturday December 28th – Both Blairgowrie and Rosebud clinics open 9.00-12.00

Tuesday December 31st – all clinics will close at 4pm

Wednesday January 1st – all clinics will be closed

Saturday January 4th - Both Blairgowrie and Rosebud clinics open 9.00-12.00

Topic of the Month: Skin Cancer Awareness

Why you should get your skin checked?

Introduction to Skin Cancer

The majority of skin cancers are caused by exposure to the sun. The 3 main types of skin cancer are Basal Cell Cancer (BCC), Squamous Cell Cancer (SCC), and Melanoma.

Approximately 2 in 3 Australians will be diagnosed with a skin cancer by the age of 70. On average, 1 in 8 adults and 1 in 5 teenagers will be burnt on a summer weekend.

Skin cancers come in all different shapes and sizes. It can be a simple raised freckle, a painful, bleeding sore or even have no noticeable symptoms. Untreated skin cancer can travel to other parts of the body and become life threatening.

Being sun smart is essential for prevention whilst good surveillance, by seeing your GP, helps to ensure any skin cancers can be identified and treated early before they become a serious problem.

How to Recognise Skin Cancer

Checking your skin at home to get familiar with the look of your skin will allow you to pick up changes such as:

- Crusty, non-healing sores
- Small lumps that are red, pale or pearly in colour
- New spots, freckles or any moles changing in colour, thickness or shape over a period of weeks or months

We Recommend Contacting Your Doctor Immediately if:

- You notice any growing or changing moles or freckles
- You have any painful/bleeding/fast growing lesions



Why Incidences of Skin Cancer in Australia are so High

It's unfortunate that most Australians have the wrong type of skin for their environment. Many of our ancestors come from much less sunny climates and we lack the protective pigment which makes us vulnerable to UV radiation from the sun.

Due to many factors, Australia also receives higher levels of UV radiation than those in the northern hemisphere.

In addition to the above, Australians love being outside, so we have one of the highest rates of skin cancer in the world.

Prevention of Skin Cancer

95% of melanomas are caused by sunburn.

The Cancer Council recommends taking these measures when the UV index is 3 or above:

- Slip on some sun-protective clothing - that covers as much skin as possible
- Slop on broad spectrum, water resistant SPF 50+ sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.
- Slap on a hat - that protects your face, head, neck and ears
- Seek shade
- Slide on some sunglasses - ensure they meet Australian standards.

The advice above is general and it should be noted that people who work or play outside everyday need to be very strict with their sun protection program.

How a Skin Check is Performed

During your skin check, a doctor examines your entire body using a handheld microscope called a dermatoscope. This includes areas not usually exposed to sunlight. At South Coast Medical, we ask that you disrobe to your undergarments during the examination. There is always a blanket available for your comfort while you are on the treatment bed. We also advise not wearing any makeup or creams before the appointment.

How Long a Skin Check Takes

Skin checks can take anywhere between 10-30 minutes depending on the complexity of your skin. Based on the results, we will have a discussion with you about any treatments required to reduce your risk moving forward or to treat any skin cancers that may be present already.

Diagnosing Skin Cancer

Skin cancers can be diagnosed in several ways. Many skin cancers are very obvious and can be diagnosed by the naked eye or using the dermatoscope.

Some skin lesions need to be sampled (biopsied) in order to get an accurate diagnosis. The treatment will be based on the pathology results.

Melanomas are a special case. In almost all instances they require an excisional biopsy. This means we need to cut the mole out completely in order for the pathologist to give us the correct diagnosis. The subsequent surgical

treatment depends on the pathologist report. This means melanomas always require two procedures and may require referral to a specialist surgeon depending on the type of melanoma and its location.



Treatment of Skin Cancer

Some early forms can be treated with a freezing technique (cryotherapy) or prescription creams.

Most cases require a straightforward excision, but some cancers may require more complicated procedures such as skin grafts or flaps (moving skin around to close the wound).

If the cancers are advanced or have spread, they may require a combination of more involved surgery, radiotherapy or even chemotherapy.

When to Start Getting Skin Checks and How Often Should You Get One?

There is no golden rule about when to start skin checks. At South Coast Medical, we recommend starting in your early 20's. Based on your lifestyle, family history, skin type and various other factors, we can tailor a surveillance program to suit you. It can range from once every 3-5 years if you fall in the low risk group to yearly or more often if required. You will get a reminder from us when your next skin check is due.

From the age of 40-50 years onwards, we recommend a yearly check and in some high-risk cases it may even be once every 3-6 months.

If you have previously had a skin cancer, you should be checked by your doctor every year at the very least.

Regardless of your surveillance with us, you should check your skin at least every 3 months (preferably monthly) at home to familiarize yourself with you own skin. This will allow you to identify any changes in your skin and make prompt action to book an appointment with your GP.

Skin Cancer Checks and Medicare Rebates

An initial skin check is a double appointment. Subsequent checks will depend on the complexity of your skin, but most will require a single appointment once your doctor is familiar with your skin.

- Single appointment - \$82 (rebate: \$38.20),
- Pensioner/HCC holders - \$77 (rebate: \$38.20)
- Double appointment - \$145 (rebate: \$73.95)
- Pensioner/HCC holders - \$135 (rebate: \$73.95)

Children under 16 are bulk billed.

Our Key Message as GPs About Skin Cancer

Skin cancer is entirely preventable and when diagnosed early is easily treatable. Cover up, stay sun smart and see us at South Coast Medical to learn about your risk and to treat any issues promptly. Call us at South Coast Medical on 03 59862155 to get your skin checked today!

Book an appointment with any of our services by calling your preferred clinic or book online at www.scmc.com.au

Dromana 5981 4300

Rosebud 5986 2155

Rye 5985 7776

Blairgowrie 5988 8604