

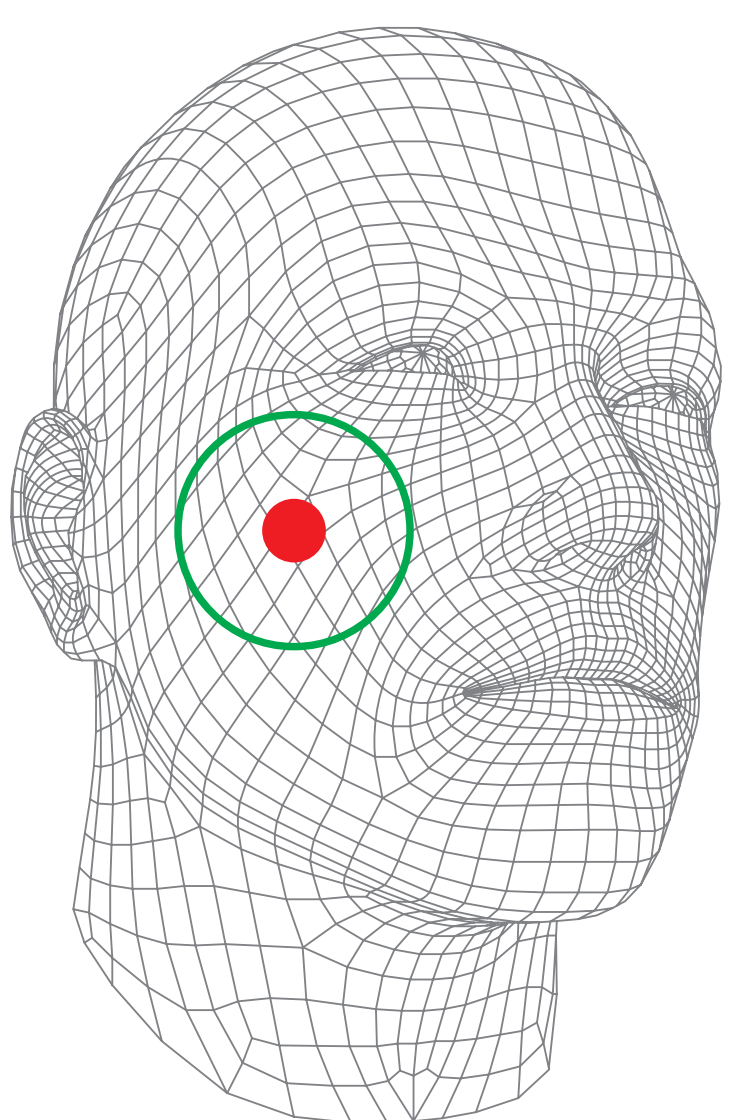
# YOU HAVE JUST HAD A SKIN CANCER REMOVED

1. What do I do now?
2. Is it too late to repair and protect my skin?
3. What are my risks of another one occurring?

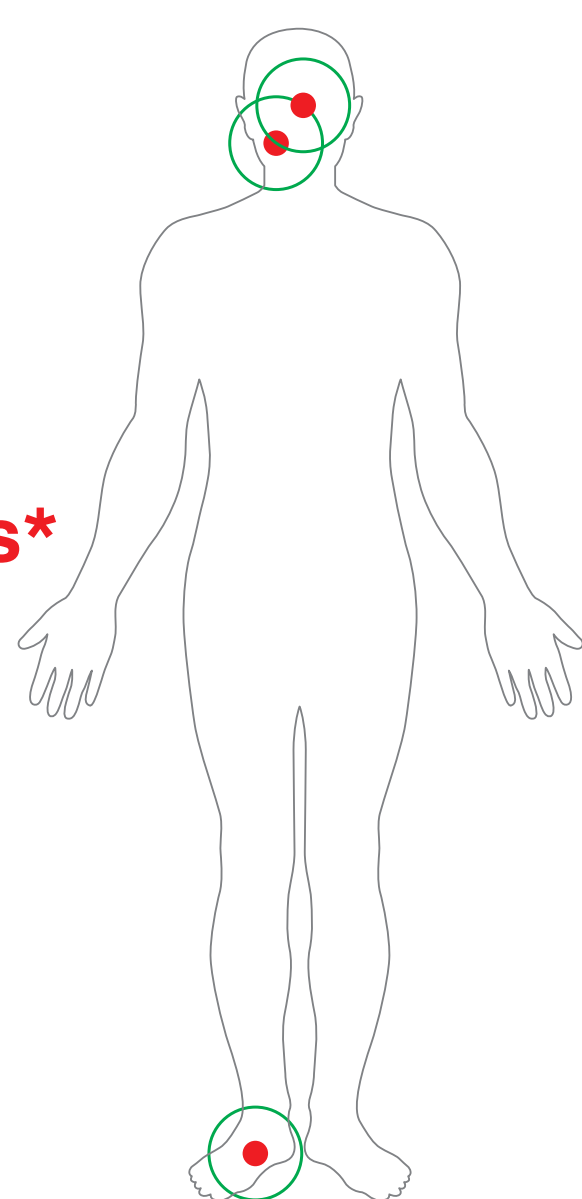
THESE ARE 3 OF THE MOST FREQUENTLY ASKED QUESTIONS BY OUR PATIENTS FOLLOWING SKIN CANCER DIAGNOSIS & SURGERY.

To answer these questions one must first understand that the tissue surrounding a skin cancer is not only abnormal but may also be pre-cancerous. Skin cancer is usually the result of malignant change in one or more cells as a result of many years of accumulated UV sun damage to cellular DNA. The skin surrounding a skin cancer has had similar UV exposure and this phenomenon is known as field cancerisation. The accumulated solar damage and future skin cancer risk is not only limited to the area around the skin cancer, but can also occur in other chronically UV exposed areas on other parts of the body (see below for examples).

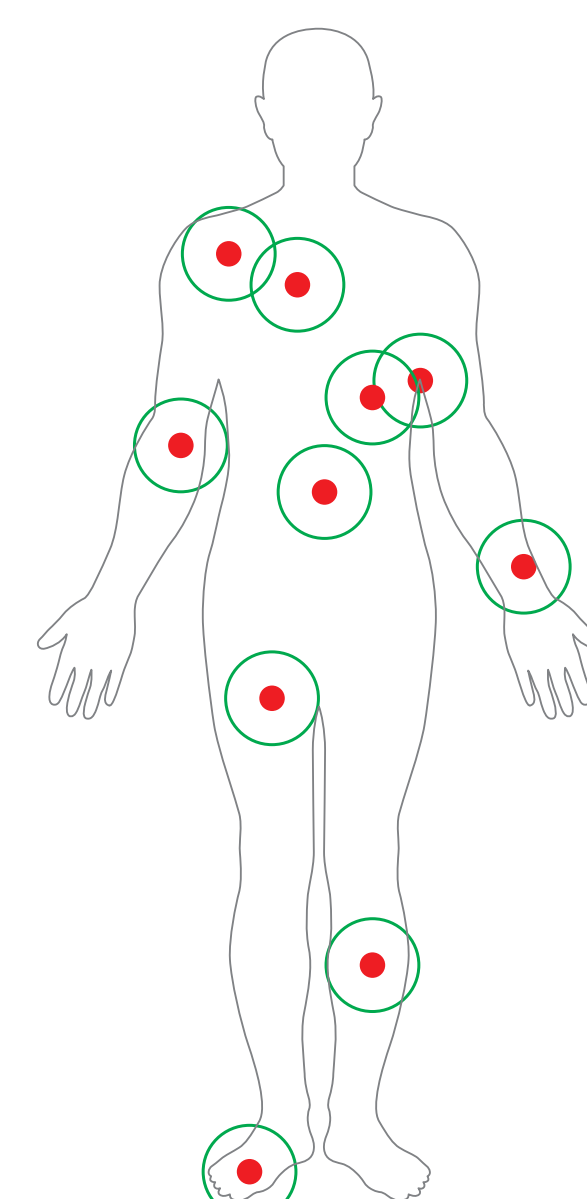
## DID YOU KNOW YOUR RISK OF ANOTHER SKIN CANCER IS:



**1 or 2 skin cancers\***  
= 40% future risk  
within 3 years



**Greater than  
2 skin cancers\***  
= 94% future risk  
within 3 years



**Greater than  
10 skin cancers\***  
= 100% future risk  
within 3 years

\*reference Czarnecki et al. Dermatology 1994 volume 189 p.364-367.

**DON'T WAIT FOR ANOTHER ONE TO OCCUR, REPAIR AND PROTECT YOUR SKIN NOW**

## SO WHAT CAN I DO TO REDUCE MY RISK?

### HERE ARE SOME SUGGESTIONS:

- ✓ Be sun smart, Slip, Slop, Slap and wear wrap around sunglasses.
- ✓ Organise a personalised skin health plan with your doctor.
- ✓ Self Monitor for any abnormal moles or skin lesions.
- ✓ Have regular skin checks with your doctor.
- ✓ Use medical grade skin repair and protection products.
- ✓ Use doctor prescribed skin cancer creams
- ✓ Ask your doctor about **PHOTODYNAMIC THERAPY**

## Remember

*It is never too late to repair and protect your skin*