

# MOUNT KURING-GAI MEDICAL CENTRE

## NEW SKIN CANCER CLINIC Now Open !!!

**Dr Masoud Moghaddam** from **Mount Kuring-Gai Medical Centre (MKMC)** talks about skin cancer including the importance of preventive diagnostic measures and services which are now available at their practice.

Every year, skin cancers account for around 80% of all newly diagnosed cancers in Australia: **that is why skin check is very crucial for early diagnosis and long-term survival.**

- 2 in 3 Australians will be diagnosed with skin cancer by the age of 70
- It is estimated 1 Australian is diagnosed with Melanoma every hour
- It is estimated 4 Australians lose their lives to melanoma every day
- Melanoma is the sixth most common cause of deaths in Australian men and the tenth most common in Australian women
- When detected early, the 5-year survival rate for melanoma is 99%



**Here are Dr Moghaddam's answers to FAQs on skin cancer/skin check:**

### 1. How serious and necessary is skin cancer and skin check in the North Shore area?

The facts and data listed above show the impact skin cancer has on our community. In the North Shore area, with our all year sun exposure and proximity to beaches and being a sun-loving society, the risk is much higher.



Dr Masoud Moghaddam from MKMC

### 2. Who is most at risk of skin cancer?

You can get skin cancer at ANY age, but it is rare in children. Everyone is prone to skin cancer irrespective of race or gender. Below is a list of people who are extremely high risk of skin cancers:

- Previous history or family history of skin cancer
- Fair skin, blue-eyed, and red hair individuals
- Immunosuppression due to other diseases or medicines
- Multiple moles >50 moles in the body
- Previous sunburn/sun damage
- Radiation treatment
- Smoking
- Parkinson's disease

### 3. What is the best way to identify an early skin cancer?

The best way is REGULAR SKIN CHECKS with your specialised skin cancer GP who can identify many early-stage cancers due to regularly carrying out skin checks on his patients. **A new skin lesion or change in shape/size or colour of an old skin lesion must be checked by your GP.** Abnormalities on your back will often go unnoticed if you do not do regular checks.

### 4. How often should you visit a GP to get a skin check?

**If you live in Australia, everyone needs a regular check every year, irrespective of gender or ethnicity.** If you are high risk (as identified above), you need 3 to 6 monthly checks with your GP.

### 5. What types of skin cancer services are offered by Mount Kuring-Gai Medical Centre?

I have brought my outstanding experience, advanced degrees and excellent skills in skin cancer medicine and surgery to the Mount Kuring-Gai Medical Centre. We offer very thorough whole-body skin checks, biopsies and necessary excisions which varies in complexity from simple to those which are very advanced, requiring repair by flap or grafts. My thorough and accurate whole-body skin check saves unnecessary biopsies or invasive surgeries with use of good diagnostic skills. If excision is necessary, even in sensitive areas like the ear, around eyes, lips and nose, I can often perform this procedure in our practice, which could save the patient unnecessary referrals to specialists, patient time and travel, and it is more cost-effective for our patients.

### 6. How can we get an appointment for a skin check?

**You can call us to make an appointment. Please let us know this is for a skin check to allow us to allocate proper time, and you get advice about the process from our helpful staff.**

### 7. What should I wear to the appointment?

**You should wear comfortable loose clothing.** We would appreciate proper acceptable hygiene. You will need to strip down to your underwear for the skin checks. We will do this maintaining full privacy and dignity of the patient.

### 8. What happens if the doctor notes an abnormal area in the skin?

If any suspicious lesion which needs further investigation, **Dr Moghaddam** will book you for biopsy appointment to perform the necessary procedure to either remove the lesion or send a biopsy sample.

### 9. What does it cost to get a skin check at MKMC?

Our skin cancer services are privately billed and it will be quoted at the time of booking of your appointment, meaning patients incur an out of pocket gap above the Medicare rebate.

We believe our SKIN CANCER CHECK AND SERVICES are not only essential for your health, they will save time and money by decreasing the cost of referral to the specialist or unnecessary biopsies.



**CALL US ON 9457 7588**  
**www.mkmc.com.au**

This information is a general education guide only and not a tailored treatment plan. Treatment and follow up options for patients vary markedly between individual patients. For your own health assessment and advice you need to consult your doctor.