

# NEWSLETTER

Health Prediction | Skin Cancer | Summer Preparation

**MOLE**  
CHECK AUSTRALIA

Australia has one of the highest rates of Skin Cancers in the world and around two in three Australians will be diagnosed with skin cancer by the time they are 70. Every year, approximately 80% of all newly diagnosed cancers are due to Skin Cancers.

Skin cancers can be caused by sun exposure/sunburn, tanning or genetics. Fairer skin and those who burn easily are more prone to getting skin cancers.

Skin cancers can turn malignant and spread to the rest of the body, and this is often when treatment becomes difficult and the prognosis is often poor.

Early detection is the best way to prevent this so that spots get removed before they potentially become malignant. Most Skin Cancers are also successfully treated if detected early. This is done via a Skin Check.

Mole Check Australia is offering Bulk Billed Skin checks at Box Hill Superclinic by Doctors with special interest in Skin Cancer.

Visit

[www.molecheckaustralia.com.au](http://www.molecheckaustralia.com.au) for more information or speak to our receptionist.

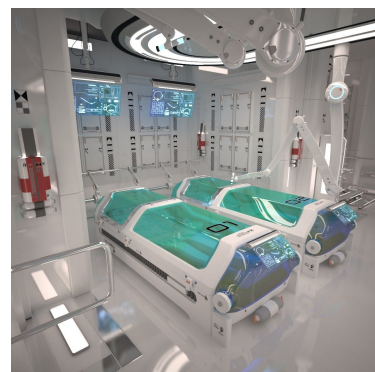
## Predicting your health



Economists cannot predict when a recession will come until it is usually here already. The same way doctors cannot accurately predict when disease will strike. The human body is more complex than the world economy but doctors are able to statistically analyse your symptoms, or give advice for health prevention, or do tests to try and identify early problems. There is talk of A.I. disrupting healthcare, but this will still not replace your doctor who has to also go by instincts at times, to know that something is different because your GP knows you and listens to your concerns. This is not limited by a defined set of rules in which we expect the human body to behave, but doctors sometimes have to work on instincts, based on how you appear, feel and behave that could be out of the norm and no algorithm can be applied in such instances.

Systems are put in place for 90-95% of what we expect, but no one wants to be in the remaining 5-10% whereby you are in the statistical minority and that is when you would want your doctor to start picking that up for you.

Early discussions and health prevention is thus far the best way to prevent major diseases from occurring or becoming severe to the point of causing limitations even after treatment. Healthcare is still beyond what we imagined in Sci-Fi movies like Star Trek whereby we have hand held scanners for diagnosis, and machines which look like incubators whereby we lie in it and it heals the diseased component, much like when a baby is in a mother's womb.



In summary, there are no silly questions when it comes to health. But equally, there are no guaranteed answers. Time is sometimes required for a problem to truly present itself for doctors to diagnose. Although ironically no one wants to lose time in the way of diagnosis so that active management can be started early, but sometimes doctors do require time for a condition to differentiate itself much similar to the way when a rash starts, it mostly starts in a way that does not have any specific features besides being red. GPs put all the information together but in order to assist effectively, patients also have to invest the time to allow their GP to do it.

In summary, there is no better way to predict your health and prevent disease than to work closely with your GP. Talk to your GP and have open conversations with realistic expectations to achieve your best health outcomes.

## Summer is coming...



*Summer is coming and if you only take home one thing, that would be to apply sun screen liberally. Cosmetic Doctors at Box Hill Superclinic often get asked for advice on how to have more youthful looking skin and what products are recommended when there is a plethora of skincare products on the market.*

*The most important product to use is a sunscreen with SPF of at least 30 for effective protection. Without that, any product you use would have limited effect on preserving your skin.*

*Ask our receptionists if you would like to consult our Cosmetic Doctors for further information about protecting your skin or getting ready to look good for the summer.*