

Lalor family practice

& SKIN CANCER CLINIC

290 STATION ST, LALOR, VIC 3075

We accept
overseas
student
private
insurance.
With no gap.

Services we Provide:

- Diabetes education
- Family medicine
- Podiatry
- Women's health
- Osteopathy
- Immunisation
- Travel Vaccinations
- Work Cover



PH **9465 6661**
www.lalorfamilypractice.com.au

OPENING HOURS

Monday to Friday

8:30am – 5:30pm

Saturday

9:00am – 1:00pm

Look for danger signs in pigmented lesions of the skin. Mind these ABCD's.

They may be the signs of a malignant melanoma. If you notice a mole different from others, or which changes, itches, or bleeds (even if it is small) you should see a dermatologist.



Using modern technology for early detection of skin cancers and long term observation of your skin.



Asymmetry

One half unlike the other half.



Border

Irregular, scalloped or poorly defined border.



Colour

Varied from one area to another; shades of tan & brown, black; sometime white, red or blue.



Diameter

While melanomas are usually greater than 6mm in diameter (the size of a pencil eraser) when diagnosed, they can be smaller.

Self-Examination for Melanoma: Practice Frequent Self-Examinations



1 Examine your body front & back in the mirror.



2 Bend elbows & look carefully at forearms.



3 Look at the backs of the legs & feet.



4 Examine back of neck & scalp with hand mirror.



5 Check back & buttocks with hand mirror.