

# Press Release

Central Coast Division of General Practice Limited Ph:(02)4365 2294 Fax:(02)43653836 Email:[ccdgp@ccdgp.com.au](mailto:ccdgp@ccdgp.com.au) Web:[www.ccdgp.com.au](http://www.ccdgp.com.au)



Central Coast  
Division of  
General Practice



18<sup>th</sup> November 2009

## **"Reduce your Risk Check your skin", says Division chief**

National Skin Cancer Action Week [14 November] is a good time people to start checking themselves for skin cancer says Dr Phil Godden, Chair Central Coast Division of General Practice. Dr Godden says "early detection is the key".

"Two out of three Australians will be treated for skin cancer in their lives. Every time our skin is exposed to UVR, the structure of our skin cells changes. This can cause irreversible damage to the DNA of skin cells and one damaged cell can start a deadly melanoma growing", Dr Godden said

A melanoma can develop anywhere on the body, including places which do not receive frequent sun exposure, but may have been sun burnt. A melanoma is likely to have a similar appearance to a mole but unlike a mole, a melanoma will usually grow larger and become more irregular in shape and colour.

Dr Godden advises to check your skin and moles at least every three months. The ABCDE rule (Cancer Institute NSW) is a useful guide of what to look for.

**Asymmetry** - Moles that, if divided in half are not the same on both sides.

**Border** - Moles with edges that are jagged like a coastline.

**Colour** - Moles gaining or losing colour, or multicoloured.

**Diameter** - Moles more than 1/2 cm in diameter (especially if uneven colour).

**Evolution** - Moles that have changed size, shape, colour or risen.

"If you spot any of them, see your doctor straight away", said Dr Godden.

For More information visit [www.molemap.com.au](http://www.molemap.com.au) or Cancer Council website

**For Media Interviews contact Dr Phil Godden on 0425215840**

For media enquiries please phone Bill Parker on 4365 2294

Authorised by: Mr. Bill Parker

For Release to: Media outlets

Date: 13<sup>th</sup> November 2009

Further details and information can be gained by contacting: Bill Parker on 4365 2294

# Press Release

Central Coast Division of General Practice Limited Ph:(02)4365 2294 Fax:(02)43653836 Email:[ccdgp@ccdgp.com.au](mailto:ccdgp@ccdgp.com.au) Web:[www.ccdgp.com.au](http://www.ccdgp.com.au)

Authorised by: Mr. Bill Parker  
For Release to: Media outlets  
Date: 13<sup>th</sup> November 2009

Further details and  
information can be gained by  
contacting: Bill Parker on  
4365 2294