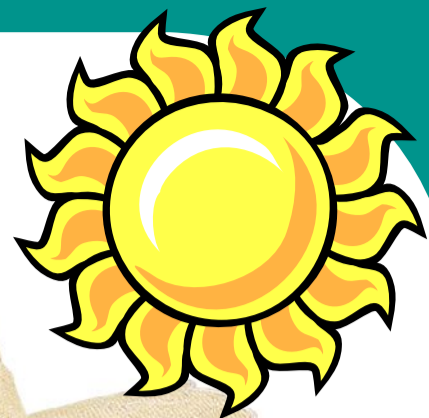


South Coast Skin Cancer Awareness Month

Hibiscus Private Hospital appreciates the excellent response from South Coast residents to our Free Skin Cancer Detection Day. Every available appointment has been filled.

If you have an appointment, please try to arrive a few minutes early this Friday.

Here from CANSA are some important points to remember about skin cancer.



What You Should Know About Skin Cancer:

- ▶ South Africa has the second highest rate of skin cancer in the world.
- ▶ It is the most common form of cancer in our country.
- ▶ Cancer can spread if not detected early and can be fatal.
- ▶ Although the incidence is lower, darker skinned people can and do develop skin cancer.
- ▶ Cell damage from over-exposure to the sun causes abnormal cell division which results in skin cancer.
- ▶ 80% of sun-induced skin damage occurs before you're 18. Cell damage can manifest itself years later as skin cancer.
- ▶ Sunbeds use high UVA levels, increasing the risk of skin cancer.
- ▶ Skin cancer is largely preventable and shows warning signs which should not be ignored. Early detection saves lives.
- ▶ Check your skin and your family's skin often and see a doctor if there are changes.
- ▶ Stay out of the sun between 10am and 3pm.
- ▶ Always protect yourself from the sun's rays by using broad spectrum sunscreen with an SPF of 15 or more, wearing protective clothing including a wide-brimmed hat outdoors. CANSA also recommends staying in the shade, using an umbrella and wearing UV-protective sunglasses.
- ▶ Instil good sun habits into your children and set a good example by practising them.

The Skin Cancer Detection Day takes place at the Hibiscus Private Hospital Medical Centre, 24 Bazley Street, Port Shepstone



Use these A, B, C, D rules and practise routine skin checks on your skin and the skin of your family.

A is for ASYMMETRY (when one side of the spot is different from the other). Melanomas are often asymmetrical, whereas a mole should be the same size and shape on each side.

B is for BORDER. Check for irregularities, especially whether the border (or edge) is ragged, notched or blurred. Common moles usually have smooth, even borders.

C is for COLOUR. A mole should have a single colour only. Check whether your mole has multiple colours. Check the surrounding skin for redness, swelling or coloured blemishes that spread from the mole's edge.

D is for DIAMETER. Check for size: a mole remains small but a sudden or continuous enlargement can be a warning sign of a melanoma. Also check whether parts of the pigmented area have become raised.

More information about skin cancer prevention can be found at www.cansa.org.za.

We thank Specialist Dermatologist Dr Marc Röscher and the general practitioners who are donating their time to this event.

We are here when you need us.

Olsen & Sons Adv.



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Port Shepstone

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- ☐ General Surgery
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- ☐ Eye Surgery
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- ☐ Maxillo Facial Surgery
- ☐ Spiral CT Scanner
- ☐ Ultrasound
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- ☐ 24 Hours X-Ray Facility
- ☐ Screening Unit

◆ provided on-site by Hibiscus Radiology, an independent service provider

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