

## When should one start with a Skin Check?

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This is a difficult question to answer.

Most people over 50 (especially men) should have a regular skin check.

If you are under 50 then you might want to come in earlier if;

- there is a family history of skin cancer
- you have multiple congenital (born with) moles
- if you have a fair skin (burn first then tan)
- if you had skin cancer before
- if you received radiation treatment
- if you received an organ transplant
- if **ANY** mole or spot has changed

## Facts about skin cancer

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New Zealand & Australia has the highest incidence of skin cancer in the world.

Skin cancers account for around 80% of all new diagnosed cancers.

More than 90% of skin cancers are caused by exposure to the sun.

Melanoma is the most common life threatening cancer in the 15 to 45 year age group.

Melanoma is the third most common life threatening cancer in both men and women overall.

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## Skin Protection

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The less sun exposure the better.

Sunscreens do NOT provide enough protection against UV damage. They might give false sense of security, They are best used in combination with other measures like; avoiding the sun between 10 am-2 pm, wearing protective clothing, hats and sunglasses.

Sunscreens should be SPF 50 or more

Even if you already have sun damaged skin,, adhering to the above rules will be beneficial in combination with a regular skin check.

## Disclaimer

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Even with a full comprehensive skin check, small early lesions can be difficult to detect or a lesion might slowly change in appearance over time. Therefore it is recommended to return for skin checks at the advised date or earlier if you suspect a lesion is new or has changed recently.



## Skin Checks & Skin Surgery

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TARA ROAD MEDICAL CENTRE

1 Tara Road  
Papamoa Beach 3187  
07 542 2277



### We offer:

Comprehensive skin checks to both enrolled and non-enrolled patients, at reasonable rates.

DON'T HESITATE TO BOOK YOURSELF IN!

# Dr Martijn Haitsma

MB, DTH, FRNZCGP Advanced Certificate in Skin  
Cancer Medicine & Surgery and Dermoscopy with the SCCA

Has a Special interest in skin checks and has an extensive background in skin surgery.

He is a Member of the Skin Cancer College

Australia and is accredited

with the local Primary

Health Organisation (PHO)

for funded skin surgery up

to Advance Plus Level.

(highest)



## Skin Checks

- ◇ A skin check from top-to-toe can take from 15-20 minutes.
- ◇ Make sure you tell the doctor of any spots or moles that are NEW, SORE, CHANGING or UNUSUAL.
- ◇ Most people have made their moles by the time they are 40. A new mole after this age is more suspicious and the older you are the more suspicious a new mole is.
- ◇ A dermatoscope will be used to check your lesions. This specialist scope magnifies and enhances the lesions identified. Some lesions can be better felt than seen and some touching of the skin will be involved.

- ◇ If required, a close up **photograph** of a spot or mole will be taken, by doing this a mole can be monitored over time for any changes in appearance.
- ◇ Early skin changes can instantly be treated by freezing them (cryotherapy with liquid nitrogen) (this will incur an additional charge)
- ◇ To test a spot or a mole the doctor will either take a small **biopsy** (sample) or completely **excise** (cut out) the spot of concern. (This will incur an additional charge)
- ◇ After removal the lesion will be sent to the **pathology** lab for testing. This will confirm the diagnosis and—in consultation with you—the best course of action will be discussed.

## Skin Surgery

- ◇ If surgery is warranted Dr Haitsma will request funding for this on your behalf from the PHO if you do not have private medical insurance. Unfortunately—due to lack of public funding - not all requests are accepted and some referrals will be declined. In this case surgery will need to be funded privately.
- ◇ **SKIN CANCER TYPES:** the three main types are:
  - **BCC (Basal Cell Cancer)** This is the most common skin cancer type, They are usually pink and may bleed or itch. BCC's normally only grow locally (but are more dangerous on the face).

- **SCC (Squamous Cell Cancer)** These are more serious as they can spread to the lymph glands, They often arise from sunspots, are usually scaly and maybe tender.
- **Melanoma** - This is the most serious as they can spread via the bloodstream. They can arise anywhere on the body, even in areas that have never seen the sun! Melanomas are often dark, they can be raised or flat, fast or slow growing and can sometimes be pink instead of dark. Any growing or changing mole should be assessed.

## Minor Surgery

Dr Haitsma offers a “**lumps and bumps**” clinic.

- ◇ If you have an unsightly or annoying mole, a skin tag, or a lump / bump which you would like to have removed for a reasonable price then come in for a chat. Very likely he will be able to remove it for you without any large cost or inconvenience.
- ◇ If you are an adult male and seek a circumcision come and talk to him too.
- ◇ Tara Road Skin Cancer Clinic at Papamoa we have a modern surgical theatre especially set-up for skin cancer and minor surgeries.

## Prices

Skin check registered patients \$90  
Skin check non-registered patients \$ 100  
Cryotherapy \$ 18  
Biopsy \$ 70  
From \$150 for small removals (excisions)  
Photos for free when needed.