

Our Country Practice



SWIFT STREET MEDICAL CENTRE



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SWIFT STREET MEDICAL CENTRE

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(9am to 5pm - Monday to Friday)

Well Easter has come and gone and we hope that you all had a lovely holiday time celebrating with your family and friends.

Don't forget about Paps and Mammograms Ladies

The Pap test is a quick and simple test that checks for particular changes to the cells of a woman's cervix (the neck of the womb). These changes may lead to cervical cancer if left untreated. In Australia, regular Pap tests save more than 1,200 women each year from cervical cancer. Around eight in 10 women who develop cervical cancer either have not had a Pap test or have not had them regularly.

All women aged between 18 and 70 years who have ever been sexually active should have a Pap test every two years, or one to two years after first sexual activity, whichever is later. This includes women who have had the human papillomavirus (HPV) vaccine, as the vaccine does not protect against all cancer-causing HPV types or those to which you may already have been exposed prior to vaccination.

Lesbians, women who are in a long-term relationships and women who are no longer sexually active should all have regular Pap tests. Some women need to continue having regular Pap tests after a hysterectomy and should speak to their doctor for more information



More than 75% of breast cancers occur in women 50+.

90% of women who get breast cancer have no family history.

An estimated 2,700 Australian women died from breast cancer in 2014.

Done regularly, breast screening is an excellent way to detect breast cancer in its early stage, even before you see or feel something. By getting screened every two years you're giving yourself the best chance for early detection

EARLY DETECTION IS BETTER BECAUSE:

the earlier you detect breast cancer the better your chance of beating it
it means less invasive, more effective treatment with early detection and treatment, nine out of 10 women survive.



A little consideration
a little thought for others
makes all the difference
Eeore

Checking for Signs of Skin Cancer

The sooner a [skin cancer](#) is identified and treated, the better your chance of avoiding surgery or, in the case of a serious [melanoma](#) or other skin cancer, potential disfigurement or even death.

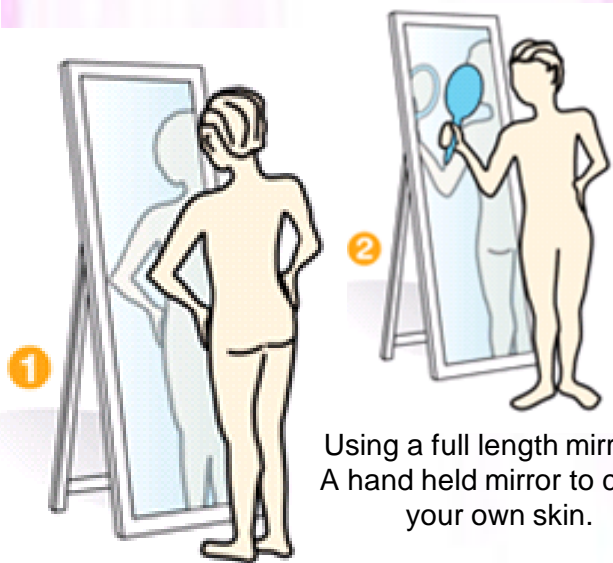
It is also a good idea to talk to your doctor about your level of risk and for advice on early detection.

It's important to get to know your skin and what is normal for you, so that you notice any changes. Skin cancers rarely hurt and are much more frequently seen than felt.

Develop a regular habit of checking your skin for new spots and changes to existing freckles or moles.

How to Check Your Skin.

- Make sure you check your entire body as skin cancers can sometimes occur in parts of the body not exposed to the sun, for example soles of the feet, between fingers and toes and under nails.
- Undress completely and make sure you have good light.
- Use a mirror to check hard to see spots, like your back and scalp, or get a family member, partner or friend to check it for you.



Using a full length mirror or A hand held mirror to check your own skin.



Getting a second person to help you check.



What to look for

There are three main types of skin cancer- [melanoma](#) (including nodular melanoma), [basal cell carcinoma](#) and [squamous cell carcinoma](#).



Melanoma

- Most deadly form of [skin cancer](#).
- If left untreated can spread to other parts of the body.
- Appears as a new spot or an existing spot that changes in colour, size or shape.
- Can appear on skin not normally exposed to the sun.

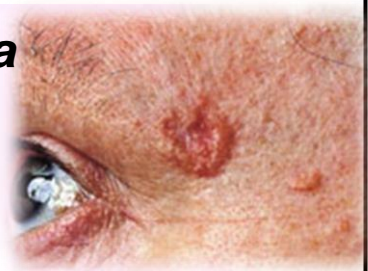
Nodular Melanoma

- Grows quickly.
- Looks different from common melanomas. Raised and even in colour.
- Many are red or pink and some are brown or black.
- They are firm to touch and dome-shaped.
- After a while they begin to bleed and crust.



Basal Cell Carcinoma

Most common, least dangerous form of skin cancer.
Red, pale or pearly in colour, appears as a lump or dry, scaly area.
May ulcerate or fail to completely heal.
Grows slowly, usually on areas that are often exposed to the sun.



Squamous Cell Carcinoma

A thickened, red scaly spot that may bleed easily, crust or ulcerate.
•Grows over some months, usually on areas often exposed to the sun.
•More likely to occur in people over 50 years of age



A is for Asymmetry - Look for spots that lack symmetry. That is, if a line was drawn through the middle, the two sides would not match up.



B is for Border - A spot with a spreading or irregular edge (notched).



C is for Colour - Blotchy spots with a number of colours such as black, blue, red, white and/or grey.



D is for Diameter - Look for spots that are getting bigger.



These are some changes to look out for when checking your skin for signs of any cancer:

New moles.

Moles that increases in size.

An outline of a mole that becomes notched.

A spot that changes colour from brown to black or is varied.

A spot that becomes raised or develops a lump within it.

The surface of a mole becoming rough, scaly or ulcerated.

Moles that itch or tingle.

Moles that bleed or weep.

Spots that look different from the others.

Mole or skin cancer?

Almost all of us have moles. Moles are not normally present at birth, but appear in childhood and early teenage years. By the age of 15, Australian children have an average of more than 50 moles.

Normal moles usually look alike. See your doctor if a mole looks different or if a new mole appears after the age of 25. The more moles a person has, the higher the risk of melanoma.

- Harmless coloured spots that range from 1mm to 10mm.
- Uniform in shape and even coloured. May be raised.
- The more moles or freckles you have the higher your risk of skin cancer.
- May have uneven borders and multiple colours like brown and black.
- Observe moles carefully for any sign of change.

Although you may notice one or more skin changes, it does not necessarily mean that you have skin cancer, however it is important that you visit your GP to have them investigated further. Your GP can discuss your skin cancer risk and advise you on your need for medical checks or self-examination.

It can be difficult to know whether something on your skin is a harmless mole or normal sun damage, or a sign of cancer. When in doubt, speak to your GP.

Creamy Lemon Crumble

Ingredients:

1¼ cups (155g) plain flour
1¼ cups (110g) rolled oats
½ tsp salt
½ tsp bi-carb soda
½ cup (100g) raw sugar
½ cup (80g) packed brown sugar
¾ cup (170g) unsalted butter, melted
1 tsp vanilla extract
1 X 395g can sweetened condensed milk
1 tbsp finely grated lemon zest (approximately 1 lemon)
⅓ cup fresh lemon juice
2 large egg yolks
½ tsp lemon extract



Instructions:

Preheat oven to 170 degrees celsius (160 degrees if fan forced).
Grease and line a 17X28cm slice tray with baking paper, allowing the edges to overhang.
In a large bowl, whisk together flour, rolled oats, salt and bi-carb soda.
Stir in the raw sugar and brown sugar and mix until smooth.
Stir vanilla into melted butter and pour mixture over dry ingredients.
Stir mixture until well combined.
Pop half of the crumb mixture into the bottom of the prepared tin and press into an even layer. Bake in preheated oven for 15 minutes.
Remove from oven and put aside (leave the oven turned on).
In a bowl, whisk together sweetened condensed milk, lemon zest, lemon juice, egg yolks and lemon extract until well blended.
Pour mixture over crumb crust in baking dish and spread into an even layer.
Sprinkle the remaining crumble mixture over the top of the lemon layer.
Bake in oven for 23 - 26 minutes or until lightly golden.
Remove from oven and allow to cool.
Cover and refrigerate for at least 2 hours (preferably overnight) then take it out and cut into squares.
Store in airtight container in refrigerator.