



## **MEDIA RELEASE**

### **Caring for the Skin You're In: Supporting Culturally and Linguistically Diverse Australians to live well with a Skin Condition.**

14 OCTOBER 2022: Today marks World Skin Health Day and the Australasian College of Dermatologists (ACD) in partnership with Speak My Language (Disability) is launching a set of podcasts aimed at providing Australians from culturally and linguistically diverse backgrounds with more equitable access to healthcare.

The podcasts, titled ***Caring for the Skin You're In*** were recorded in eight different languages and feature dermatologists from culturally and linguistically diverse backgrounds discussing the impact skin, hair and nail conditions can have, and how to access help for these conditions.

“For culturally and linguistically diverse communities, accessing appropriate health care information and resources can be challenging. It is important for all Australians to be able to access information and support services in order to make informed decisions about their health” ACD President Dr Clare Tait says.

The podcasts aim to improve access to information by providing an easily accessible resource featuring interviews with dermatologists in eight languages including English, Cantonese, Korean, Spanish, Hindi, Arabic, Turkish and Persian.

Importantly, the podcasts also recognise that cultural perceptions of a condition can impact the way someone experiences living with a skin, hair or nail condition and whether or not they seek medical treatment.

“My family and friends didn't think it was a big deal and said it's because I ate something or because I am doing carpet cleaning .... people tell you things that make you feel bad, like you have to stay clean, and I felt like I had to justify myself. I am clean, I'm a clean person. Shahbaaz Khan who lives with psoriasis, said. “Seeing a dermatologist...she understands what I'm going through and how to help, it felt like light at the end of the tunnel”.

The podcasts were developed as part of a podcast project Speak My Language (Disability) led by the Ethnic Communities Council of New South Wales in partnership with all State and Territory Ethnic and Multicultural Communities' Councils across Australia.

“With more than a million Australians suffering from a long term condition of the skin, we are excited to collaborate with Speak My Language on these podcasts” Dr Tait says.

Speaking on the power of the podcasts, Ms Mary Karras, CEO Ethnic Communities' Council of NSW says “These podcasts are important for empowering people with skin conditions.

With advice on where to find reliable information, how to prepare for doctors' appointments, questions to ask, and how to connect with patient supports groups and other sources of information and support, they are a valuable resource for culturally and linguistically diverse Australians”.

## How can you help spread the message this World Skin Health Day?

- Listen to the *Caring for the Skin You're In* podcast in your language via the ACD website.
- Talk to your loved ones about skin health. Skin, hair and nail conditions are medical conditions requiring medical help. No one should have to suffer in silence.
- Finding the best possible treatment and support can make a difference. Visit the ACD website to find information on skin conditions, accessing care and patient support groups.

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### Links to further information:

- Visit the [ACD website](#) to view the *Caring for the Skin You're In* podcasts and resources.
- Follow ACD on social media:
  - Facebook: [@DermatologyACD](#)
  - Twitter: [@DermatologyACD](#)
  - Instagram: [@acderm](#)
  - LinkedIn: [@theaustralasiancollegeofdermatologists](#)

### About the Australasian College of Dermatologists

The Australasian College of Dermatologists is the sole medical college accredited by the Australian Medical Council for the training and continuing professional development of medical practitioners in the specialty of dermatology.

It is the leading authority in Australia for dermatology, providing information, advocacy and advice to individuals, communities, government and other health stakeholders on skin health and dermatological practice.

Dermatology is the area of medicine that deals with the skin including the hair and nails. Dermatologists are medical specialists trained in the diagnosis, treatment and management of all skin diseases including skin cancer.

As the national peak membership organisation, the College represents 590 specialist dermatologist Fellows (FACD) and 100 trainees across the country.

### About Speak My Language

[The Speak My Language \(Disability\) program](#) is funded by the Commonwealth Department of Social Services and is proudly delivered by the [Ethnic Communities' Council of NSW](#) as the lead agency in partnership with all State and Territory Ethnic and Multicultural Communities' Councils across Australia.

**For more information, or to arrange an interview with the Australasian College of Dermatologists, or one of our dermatologists, please contact:**

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