

SURVIVING MELANOMA

Today, keynote speaker, Professor June Robinson from Northwestern University Feinberg School of Medicine in Chicago, USA, will present on sun-protected outdoor physical activity in melanoma survivors at the Australasian College of Dermatologists (ACD) Annual Scientific Meeting (ASM) on the Gold Coast. Earlier this week, she also presented on partner-assisted self-examination for early detection of melanoma.

In the Midwest of the United States, early stage melanoma survivors who are otherwise healthy adults, reduce leisure physical activity two to three months after surgical resection. At 12 months after surgery, inactivity was positively correlated with older age and being a woman.

Prof Robinson says: “Since older melanoma survivors, especially women, can be expected to live many more years, dermatologists need to consider the overall health of melanoma survivors when making sun protection recommendations and support sun protected outdoor leisure physical activities, such as walking during peak times of sun intensity when wearing protective clothing and sunscreen on exposed skin.”

Dr Victoria Mar, dermatologist with the ACD says: “During the last 17 years, Professor Robinson has led multidisciplinary teams to develop and assess partner-assisted skin examination for melanoma patients and to teach primary care physicians to identify melanoma. This experience with melanoma survivors and their skin check partners helped her to recognise their concerns about how to implement sun protection while exercising outdoors.”

Prof Robinson says: “We have established the importance and role of a skin check partner in melanoma survivors’ performance of skin self-examination and developed a structured training program with continued physician support. Now, our new research remotely trains pairs without continued support every four months. At nine months of follow-up, pairs who received the training improved their knowledge and confidence and performed the mole check with seemingly more accuracy than controls.”

Our research shows the importance of skin checks and protected outdoor physical activity in melanoma survivors, which should also illustrate the importance to the general public of being involved in these activities. If you are ever in doubt of a suspicious spot, please visit your GP and discuss if you need to be referred to a dermatologist.”

ENDS

Links to further information

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[A-Z of Skin](#)

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THE AUSTRALASIAN COLLEGE
OF DERMATOLOGISTS

About the Australasian College of Dermatologists (ACD):

The ACD is the peak medical college accredited by the Australian Medical Council for the training and professional development of medical practitioners in the specialty of dermatology. They provide authoritative information about dermatology to Government, the media, other health professionals and the general public.

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