The Skin Hospital Launch

After many months of preparation and extensive consultation with dermatologists, patients and staff, The Skin Hospital was launched on Tuesday, 28th April 2015.

The Foundation’s clinics and day surgery facilities at Darlinghurst and Westmead will now be known as The Skin Hospital and will be a division of Skin & Cancer Foundation Australia.

The Honorable Jillian Skinner, MP, NSW Minister for Health unveiled a plaque to mark this historic occasion, and toured our state of the art Darlinghurst facility in the company of our Chairman, Mr Michael Herring and CEO, Dr Alice Killen.

We believe this name and logo are easy to remember and over time will become instantly recognisable to our patients and the community at large. The new logo will continue to use the pink skin ball which represents skin cells as seen under a microscope. The Skin Hospital wording encapsulates all the skin conditions we treat - skin cancer, psoriasis, eczema, vitiligo, acne, hyperhydrosis (excessive sweating), birthmarks, rosacea and many more.

As a “hospital” we clearly communicate that we provide medical treatments and surgery in accredited and licensed day surgeries. A number of people helped us with this project on a pro-bono basis, including Ian MacKelden, Tim Allerton (City Public Relations) and Carl Ratcliff (Naked Communications).

Whilst our clinics and surgery name may have changed, our mission to provide the best treatment and care to all our patients remains the same.

CEO MESSAGE

I would like to say a huge thank you to our loyal supporters of the Foundation who have generously given to our Scar Laser Appeal. Due to their generosity, we have raised enough money to purchase the Cryomed Secret Laser for our laser treatment department.

Recently, we were fortunate to have former ABC newsreader and presenter, Richard Morecroft volunteer his time to conduct media training for some of our dermatologists and staff. The session was extremely useful with Richard providing us with expert advice and tips of the trade. This has come at a pivotal time for the organisation as our day surgery and clinics transition to The Skin Hospital name – an important change.

Education is one of the “pillars” of the Skin & Cancer Foundation Australia. At the annual meeting of the Australasian College of Dermatologists in May this year, 10 of the 11 NSW Dermatology Fellows who were granted their Fellowships had completed some of their training at the Foundation.

This year, the Foundation has welcomed and is supporting ten new registrars, three international medical graduates and a Mohs surgery Fellow. They will be able to see surgery at Darlinghurst and Westmead and work in our specialised dermatology clinics.

As new technology evolves and medical advances are made, we need to remain the leading experts in the field of dermatology. This requires The Skin Hospital to have the latest equipment and training to ensure the best quality treatment and outcomes for our patients.

As a charity, we rely on donations from our loyal supporters and I encourage you to support this year’s appeal for equipment and resources for our Vitiligo & Pigmentary Disorders Clinic. With your help, we can make a real difference.

Thank you again.
Dr Alice Killen
Chief Executive Officer

THE SKIN HOSPITAL

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TOP - L-R: Dr Alice Killen, The Honourable Jillian Skinner MP, Dr Saxon Smith, & Mr Michael Herring.

RIGHT - The Honourable Jillian Skinner MP unveiling the plaque.
Clinical Trials

A clinical trial is a type of medical or health-related study that investigates the safety and efficacy of a new form of patient treatment. This may be a new drug, a device, a protocol or even a diagnostic tool. Clinical trials can vary in size and cost, and they can involve a single research centre or multiple centres, in one country or in multiple countries. Patient safety is of great importance when developing or conducting a clinical trial. To ensure that the highest standard of patient safety is met, all clinical trials conducted in Australia are thoroughly reviewed and approved by an external ethics committee.

**“Why should I participate in a clinical trial?”**

The main reason is that the patient may receive a current investigational treatment for their condition, gaining access to treatment options that are not yet commercially available. When patients participate in clinical trials at the Skin & Cancer Foundation Australia, they also receive expert medical care in a highly reputable health care facility (often free of charge). Patients also gain personal satisfaction from their contribution to medical science.

**“Is this treatment safe?”**

It is important for patients to understand that in most cases clinical trials are very safe. For a test treatment to gain approval for use in a clinical trial, evidence from past research must be provided, demonstrating that the treatment is safe for humans. However, it is not always possible to guarantee that no unpleasant or unexpected side-effects will occur. At the Foundation, patient safety is our highest priority and we only choose to be involved in studies that we understand to be safe and that we believe will benefit our patients in the future. Our patients are under no obligation to participate in any clinical trial at the Foundation. It will in no way affect the clinical care offered if a patient decides not to participate in a trial. We understand that participation in clinical trials is not for everyone. However, we like to give our patients the choice, so they can fully understand the treatment options available to them.

**The clinical trial currently recruiting participants at the Foundation:**

- Efficacy and safety of a topical Gel in field treatment of Actinic Keratosis on full face, balding scalp or on the chest. Principal investigator is Pablo Fernández Peñas and the trial is undertaken at our Westmead clinic.

**The clinical trials currently in progress at the Foundation are listed below:**

- Examining the safety of a new treatment for patients with locally advanced or metastatic basal cell carcinoma. Principal investigator for this study is Associate Professor Pablo Fernández Peñas and the trial is undertaken at our Westmead clinic.
- Evaluating the safety and efficacy of a new biologic treatment for patients with moderate to severe plaque psoriasis. This trial is occurring at our Darlinghurst clinic and Dr Johanna Kuchel is the Principal Investigator.
- Evaluating the Efficacy and Safety of a biologic treatment alongside an active comparator for the treatment of subjects with moderate to severe plaque-type psoriasis. This trial is occurring at our Darlinghurst clinic and Dr Johanna Kuchel is the Principal Investigator.

**Patient Testimonial**

Below is a recent patient testimonial. Due to regulations governing clinical trials, we cannot name them.

“I was offered the chance to take part in a clinical trial at the Skin & Cancer Foundation Australia, Westmead Clinic. It was explained to me that my participation in this trial may help treat my skin cancer and that I would receive care and treatment free of cost for the duration of the trial. I understood that my participation would involve a personal commitment to regularly attend the clinic and that there may be some side effects of the treatment, as there are with many medical treatments.

Since starting the trial, my skin cancer has gone away and there is no sign of it anywhere on my body. While I have experienced some side effects, I consider the positive outcome of the treatment on my cancer, and therefore my health, has been well worth it. Throughout the trial I have received full support and guidance from the staff at the clinic, making my experience in the trial a smooth and comforting journey. It has been a miracle drug, a life saver that has let me continue to live my life without the emotional and physical pain of operations or procedures. I hope that through my continued participation in this trial I will be helping many other people in the future who suffer from the same skin cancers that I have, through my experiences and the outcome of my treatment. I wish to thank the Skin & Cancer Foundation Australia for this opportunity.”

Disclaimer: The Skin & Cancer Foundation Australia (SCFA) strives to provide the best care and treatment to all patients attending; however the Foundation cannot guarantee the success of treatments provided in clinical trials.

If you would like to know more about clinical trials at the Foundation, please contact the research department on (02) 8833 3023 or alternatively send an email to clinicaltrials@scfa.edu.au
Ten Top Tips for Healthy Winter Skin

Dr Hanna Kuchel

Dry and itchy skin is a common complaint during the winter months. This condition is otherwise known as ‘winter itch’. Heat, wind, dry air and long hot showers all take their toll on the skin. The thin layer of oil that traps moisture in the skin is easily lost, causing small cracks to appear in the skin barrier. These cracks lead to irritation and flare-ups of itchy conditions such as psoriasis, eczema and severe dry skin.

1. **Moisturise regularly**
The moisture that is lost from the skin, particularly in winter, needs to be replaced. Application of a moisturiser makes the outermost layer of the skin softer by increasing its level of hydration. The beneficial effects of treatments that preserve the skin’s moisture may entirely reverse when they are stopped. The best time to moisturise is right after showering while the skin is still slightly damp. This traps the moisture into the skin. Or consider adding oil to the bath. Targeting problem areas initially is helpful.

2. **Choose the correct moisturiser for your skin type**
Moisturisers work in several ways. ‘Humectants’ such as urea draw and hold water in the skin. Other components then help seal in the water. Ointment-based moisturisers are more effective than predominantly water-based lotions for very dry skin. It is worth trying a few to decide which one works best on the problem areas.

3. **Avoid soap**
Soaps and shampoos may strip the skin of important oils. A gentle, soap-free cleanser should be used. Sorbolene may be used as a soap substitute.

4. **Avoid long hot showers, baths, saunas and spas**
It is tempting to take long hot showers when it is cold outside. They are a common cause of dry, irritable skin. It is important to remember to keep showers short and lukewarm.

5. **Continue to wear a sunscreen**
It is important for fair-skinned individuals to use a sunscreen in addition to a moisturiser on the face year-round in Australia.

6. **Choose the right clothing**
If your skin does flare up, choose soft, breathable fabrics, like cotton, instead of itchy woollens or polyester. Loose-fitting clothing will also help to keep your skin from chafing and becoming irritated by perspiration.

7. **Turn the temperature down**
The overuse of heaters can dry the air, exacerbating dry skin.

8. **Get a check-up with the local doctor**
‘Winter itch’ is more likely to be found in the elderly and those prone to eczema and allergies. The onset of dry skin may also be due to medical conditions such as hypothyroidism, diabetes or malnutrition.

9. **What medications are you taking?**
Some prescription and over the counter medications may be associated with dry skin. These include lipid-lowering, blood pressure and vitamin A-based medications. If eczema and itch become a significant problem, a medication review may be worthwhile.

10. **Look after yourself**
Good skin also comes from eating a healthy diet and getting enough exercise and sleep. Ceasing smoking is also important, not just for the skin, but for your general health.

Dry, red, itchy skin can have a significant impact on a person’s wellbeing. Itch may interfere with daily activities and even sleep. The toll the next few months will take on your skin may be minimised by preparing now.

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**Attention all City to Surfers!**

The Skin Hospital is entering a team of runners, walkers and crawlers in the Sun Herald City to Surf on Sunday, 9 August 2015.

If you would like to join The Skin Hospital team and gain sponsorship to support our vital work, please contact Amanda Durack on adurack@scfa.edu.au for further information.

If walking the 14km course is the last thing you would want to do but would like to sponsor The Skin Hospital team through a tax deductible online donation, please go to:

www.fundraise.city2surf.com.au

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To all our supporters, we say an enormous thank you. It is heart warming for everyone at Skin & Cancer Foundation Australia to see the support we receive from our donors - be they volunteers, individual supporters or large corporations. We are indebted to you all for helping to make the Foundation, including The Skin Hospital, the leading centre of dermatology it is today.

**Thank You**

To all our supporters who gave to the scar laser Christmas appeal. Due to your generosity, we reached our target of $35,000 and the laser has been purchased for our laser clinic where it will be put to immediate use. It has a wide variety of applications – treating scars from skin cancer, acne, burns and motor vehicle accidents, amongst others.

“Not only does this laser incorporate the latest technology but it also treats scars all over the body with minimal side effects. It is suitable for all skin types and we anticipate it will be used to treat up to 500 people every year. The benefits are immeasurable.” said Head of Laser Clinic, Dr Shawn Richards.

**Leading the Way in Scar Treatment**

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**Please Support Our Vitiligo & Pigmentary Disorders Appeal**

On 25 June, it is World Vitiligo Day. Vitiligo is a relatively common skin disorder that causes an acquired loss of pigmentation resulting in white patches developing in the skin. Any location on the body can be affected and most people with Vitiligo have white patches on many areas of the body.

Vitiligo can be socially devastating for affected individuals and can have profound psychological effects such as low self esteem and depression impacting on lives, relationships and employment opportunities.

The Skin & Cancer Foundation Australia established the first Pigmentary Disorders Clinic in Australia and each year we treat hundreds of patients with Vitiligo and other pigmentary disorders who come to us from all over Australia and even overseas. In addition to expert consultations, we offer a wide range of treatments which are not only effective but can improve the patient’s quality of life.

The Skin Hospital is expanding and enhancing the Pigmentary Disorders Clinic so we can continue to offer the latest in treatments and care. We urgently need to introduce the following:

- A Laminar Flow machine for a new surgical treatment for Vitiligo called Autologous Melanocyte Transplantation.
- An Excimer Light which targets and treats smaller, localised patches of white skin and so avoids all of the patient’s body needing to be treated unnecessarily.
- Specialist nurse training in skin camouflage techniques for patients with disfiguring skin conditions such as Vitiligo, large birthmarks, burns and scarring.

Please help us continue to offer the best specialist care and make a difference in the lives of those suffering from Vitiligo and pigmentary disorders.

**Please Help Us**