Compounding Pharmacy Opens at The Skin Hospital in Darlinghurst

We are pleased to announce that The Compounding Pharmacy Australia has now opened their pharmacy shop and laboratory at 121 Crown Street, Darlinghurst.

Conveniently located on the ground floor for patients visiting The Skin Hospital, The Compounding Pharmacy Australia stock most of the well known dermatologist recommended skin products such as La Roche-Posay, QV, Aveeno, Cetaphil and Neutrogena. They can make many customised compounded skin medications requested by your GP or Dermatologist for various different skin conditions.

“We specialise in biomimetic hormone replacement compounding in the form of capsules, creams and troches. We also make our own preparations including anti-ageing creams, pain management, healing creams and nutritional compounds” says owner and compounding pharmacist Kim Rumble.

They have a great range of practitioner supplements and whole and functional foods. Staff are available on the floor for consultations and information and also have a room for health consultations with practitioners including a naturopath, nutritionist and a musculoskeletal therapist.

For the health conscious there is a fridge full of healthy drinks, delicious herbal mixes, protein drinks and cold pressed juices to enjoy. Customers can sit and read information on health or browse the healthy recipe books in the shop.

The Compounding Pharmacy Australia team work closely with our patients and a wide range of integrative and conventional medical practitioners, herbalists, nutritionists and naturopaths to achieve the ultimate result of keeping people well.

Almost forty years after it first opened, The Skin & Cancer Foundation Australia is going from strength to strength with an ever-increasing demand for our specialist services.

In the past year alone, our two Skin Hospitals at Westmead and Darlinghurst have received over 48,000 patient visits and the pathology laboratory has analysed over 250,000 skin specimens.

We are immensely grateful to all those who support us in this significant endeavour. Our December VISIA appeal reached its target and will shortly be put into operation helping doctors identify accurately the progress and efficacy of treatments.

I do hope you will consider supporting our new Appeal - for skin cancer surgical equipment and training. Led by Dr Simon Lee, our Mohs surgical unit is the largest in the southern hemisphere and we would greatly appreciate any help you are able to give.

Recently, there has been understandable media coverage of charities which have not passed on an appropriate level of funds they have raised to the causes they support. The Skin & Cancer Foundation Australia prides itself on its low fundraising expenses, with less than 3 cents in the dollar being spent on costs. We are also grateful to suppliers and sponsors who donate goods and services to enable us to achieve such low overheads.

I hope you enjoy the newsletter. There is excellent advice from A/Professor Stephen Shumack on how to care for our skin as we get older and if you are feeling energetic, please do join me and our team as we once again enter the Sun-Herald City to Surf.

Warm regards,
Dr Alice Killen,
Chief Executive Officer
Dr Daniel Murphy has been providing free, essential healthcare to the poor and underprivileged people of Timor-Leste (East Timor) since 1998, so when he himself needed vital medical treatment for skin cancer, The Skin Hospital was only too happy to help.

Leading skin cancer surgeon, Dr Simon Lee offered to conduct Mohs surgery for “Doctor Dan” and waived all his fees. Likewise, The Skin Hospital at Westmead gave their surgery facilities free of charge.

“I am very appreciative of your generosity in accepting me as a patient” said a now-healthy Dr Dan from his busy clinic back in Timor-Leste.

Do you have Psoriasis?

Skin & Cancer Foundation Australia (The Skin Hospital), in conjunction with Akaal Pharma is conducting a clinical research study investigating a topical medication for the treatment of Psoriasis. We are seeking volunteers to participate in this study who have mild to moderate plaque type psoriasis.

To be eligible for this study you must be:

• Aged between 18-65 years and generally healthy.
• Have stable mild to moderate plaque psoriasis.
• Be able to attend 7 visits at this clinic over a 7 week period.

If you are interested and would like more information, please contact us by phone (02 8833 3096) or email Dr Charlotte Thomas, Dermatology Research Fellow: cthomas@scfa.edu.au, or Gayathri St George, Research Unit Manager: gstgeorge@scfa.edu.au.
Rise and shine! Showers should be quick and cool, and hot water and too much soap or soap substitutes, should be avoided. Don’t shave in the shower as this lengthens the duration of the shower. Don’t just save on the water—save your skin! On with the moisturiser! Moisturisers should be used on a regular basis, particularly if the skin is dry and irritable. This is especially the case on areas such as the lower legs. Use lots of it! Many pharmacy brands are as good as and certainly cheaper than expensive cosmetic brands. Go for large quantity, not large price.

Did we mention the moisturiser? Air-conditioning and heating tend to dry the skin out, so during the winter, and when air-conditioning is used extensively, moisturisers should be used on a regular basis as well.

What, this old thing? You want to say that about what you’re wearing, not your skin. It is better to wear cotton clothing rather than synthetic clothing, particularly in hot humid weather to reduce the incidence of sweat rashes. And don’t forget your hat.

Sun protection should be used on a daily basis and re-applied every 2 hours, particularly when undertaking outdoor activities such as golf and tennis.

Fancy a swim? Swimming, spas, and saunas tend to dry the skin out because of the heated water and heated environment, and also the irritation effects of the chemicals such as chlorine. Make sure you rinse off afterwards with cool water.

And so to bed… Doonas tend to cause people to overheat and should probably not be used if the ambient air temperature is greater than 4°C. Aim for sweet dreams, not sweat dreams.

Night creams can be used to help with smoothing out the skin and improving the complexion. These agents include alpha hydroxy acids, and vitamins A & C and their derivatives.

Follow these simple steps and your skin will thank you for it.

There are a number of anti-ageing procedures which can be undertaken to improve the complexion of your skin including chemical peels, the use of lasers and laser like devices, various fillers, anti-wrinkle injections and facelifts. These are personal choices and should always be carried out by a qualified practitioner.

WHilst ageing of the skin is a natural, intrinsic process, that happens to all organs of the body, there are some simple steps we can take to make sure the clock doesn’t run ahead of time.

Ask A/Professor Stephen Shumack what are the main causes of ageing of the skin and he has no hesitation answering, “The sun is the first, second and third.”

This photoageing is caused by chronic sun (ultraviolet) damage and accounts for most of the changes that we see in Australians’ skin such as dryness, bruising, broken capillaries, sun spots, wrinkling, coarseness, pigmentation and most skin cancers.

There are also a number of particular conditions that are more common in people over the age of fifty: dryness such as xerosis or asteatotic eczema, wrinkling, laxity, and the benign lumps and bumps that we get on our skin.

Itch is associated with people over the age of fifty as well and is most commonly caused by dry skin. There are a number of other conditions that can cause itch and if it persists, you should see your doctor, as treatments are available.

Find the perfect gift with our great range of stylish hats, sun protective clothing, sunscreen, and a new beach umbrella which are now available for sale through the Foundation’s website.

All our products sold through the website have undergone a Product Assessment by our research committee to ensure that they meet or exceed Australian Standards and the highest ratings of sun protection. With every product sold online, 20% goes to our Research and Education department to expand our work in this important area.

Shop online at www.skin.com.au/shop

Professor Shumack’s advice for A Day In The Life Of Your Skin

A/Professor Stephen Shumack
Join Us!
Come and join The Skin Hospital team and gain sponsorship to support our vital work. Runners, walkers and crawlers welcome!
For more info, please contact Amanda Durack at adurack@scfa.edu.au
All team members will receive a Skin Hospital shirt, cap and sunscreen!

Support Us!
Alternatively, if you would like to sponsor The Skin Hospital team by making a tax deductible online donation, please go to:
www.fundraise.city2surf.com.au

Thank you
To all our supporters, we say an enormous thank you. It is wonderful to see the support we receive from our donors—be they volunteers, individual supporters, dermatologists or large corporations. Thanks to you, the Skin & Cancer Foundation Australia, including The Skin Hospital, is the leading centre of dermatology it is today.

Christmas Appeal Update
A sincere thank you to everyone who donated so generously to our appeal for a VISIA system. We are delighted to report that the VISIA has been ordered and will arrive at The Skin Hospital shortly.

Skin Cancer Surgery Appeal
Please support our appeal for advanced equipment and surgical training by making a donation on the enclosed letter or at www.skin.com.au/donate
Thank you!

Kelly Variety Dancing Donors
You may never see them on Australia’s Got Talent, but in our eyes, the Kelly Variety Entertainers are superstars.
Established by the late Sid and Bess Kelly, they have been entertaining appreciative audiences at clubs and retirement homes with a wide repertoire of dances and songs, and beautifully home crafted costumes since 1982.
As cancer began to touch the group and associated family members, the need to give assistance to research into the disease became increasingly important. They decided to pledge support to some avenue they felt was not receiving its fair share from government and so began the ongoing relationship with the Foundation. Once a troupe of about 15 or 16, their number is now reduced to only six—but their high levels of enthusiasm and dedication to the cause, remain unchanged.
“Very few families escape the horrors of some form of cancer, so it is of the utmost importance that all aspects of research into its eventual eradication be supported,” says Robin Pollock, coordinator and performer with the troupe.
“The benefits of our involvement are threefold: bringing joy to those who really love the nostalgia and glitz, keeping our brains and bodies active and helping just a little each year towards your wonderful efforts.”
Since they first volunteered to raise money for the Skin & Cancer Foundation Australia 34 years ago, they have donated over $200,000.
I think we’ll score that a 10!