

OTHER INFORMATION

On the day of your appointment, please ensure that you bring along:

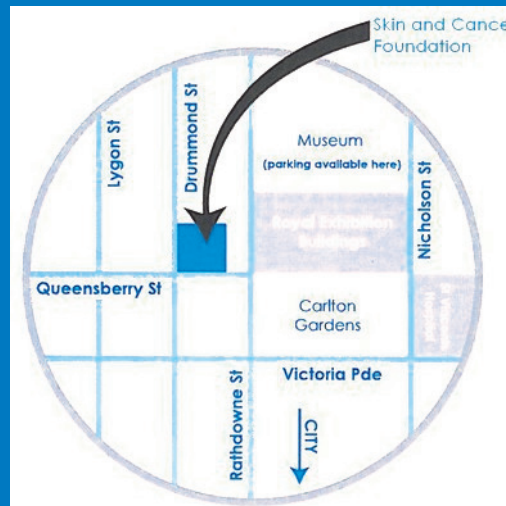
- Medicare Card/Veterans Card
- Pension/Health Care Card
- A List Of Medications

Parking

There is metered parking available in the streets close by. Also there are 24 hour public parking garages off Pelham and Rathdowne Streets.

The Skin & Cancer Foundation is a not-for-profit organization. We specialise in treatment, education and research.

The Foundation helps to educate dermatology trainees in Victoria by providing highly specialised clinic such as The Transplant Clinic.



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Photodynamic Therapy (PDT) Clinic



What is the Photodynamic Therapy Clinic?

The Photodynamic Therapy (PDT) Clinic is a specialized clinic set up to manage patients with superficial skin cancers where surgery may not always be appropriate.

Patients are referred to the Skin and Cancer Foundation from other specialists. The clinic is held on a fortnightly basis.

PDT patients have Unique Dermatological Needs:

- Superficial and Nodular Basal Cell Carcinomas.
- Pre-cancerous lesions (Actinic Keratoses, Bowen's Disease)

The PDT Team

The PDT Clinic consists of Dermatology Consultants, a team of Dermatology Registrars and the medical photographer at the Skin & Cancer Foundation (SCF). Nurses will conduct the treatment on your appointed day.

What happens at the Clinic?

Patients are referred to the Clinic at the SCF and will have an appointment made with a Dermatologist who will discuss the Patients issues such as:

- General health & wellbeing
- Medications
- History of Patient & his/her lesion(s)

The doctor will then perform an examination. The area to be treated will be marked out. Photos will also be taken.

Suspicious lesions may be biopsied or excised on the day of consultation.

After consultation, if PDT is determined to be an appropriate option another appointment will be made for treatment to be undertaken.

What to expect during treatment:

You will attend in the morning of your appointment for preparation and application of Metvix cream.

The areas to be treated will be marked out, photographed and lightly curetted before application of the Metvix cream. A light dressing will be applied which will be in place for 3 hours. You can go about your

daily activities or relax in our lounge until the second stage of treatment is undertaken.

After 3 hours has elapsed your dressings will be removed, areas cleansed and examined under a Wood's lamp. Treatment will then begin using a heat free red light. It will take approximately 7-8mins.

Some patients may feel a sensation during illumination. This varies from person to person and ranges from a mild discomfort to a warm prickly sensation.

We can reduce this by using a fan or water spray to cool the skin. Panadol can be taken one hour prior to light therapy. If unable to tolerate the discomfort, local anesthetic can be given prior to treatment. Or treatment can be stopped.

After treatment is concluded a light dressing will be applied and left on for 24 hours. Vaseline will be applied from then on. Wound care information will be given. The skin will become red and slightly swollen. It will then crust over and heal from below.

How Often Do I Have To Come?

It depends on what we are treating. Usually patients come 1-2 times with a 3-4 week break between treatments.

Patients are reviewed in the PDT clinic after 3 months.

This may vary according to the individual and the complexity of issues involved in the various treatments.

How does PDT work?

Photodynamic therapy involves 3 elements:

- A photosensitiser (something that makes the treatment target sensitive to light)
- A light source – an LED lamp or laser
- Oxygen

The treatment involves applying a cream to the skin that contains chemicals that are taken up by the abnormal cells making up the skin cancer or precancer. During the three hours that the cream is on the skin, the chemical taken up by the cells is converted into a product that is very sensitive to light (photosensitiser).

When we shine the red light onto the treatment site, the light interacts with the photosensitiser activating it and causing it to convert energy from the light to produce toxic oxygen free radicals, damaging the cells that contain it. This reaction requires the presence of oxygen.

