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The information recorded on this form, including your Medicare number and details advised by Centrelink and by the Commonwealth Department of Veterans' Affairs will be used to assess your entitlement to benefits under the Pharmaceutical Benefits Scheme and to determine payments due to Pharmacists. Your Medicare number is being collected as it is required by law. In addition, with your consent, the Pharmacist or doctor may store your Medicare number for use on future prescriptions. The collection of this information is authorised by the National Health Act 1953 and is usually disclosed to the Commonwealth Department of Health and Aged Care. If you require additional information please contact your nearest Medicare Office or the Department of Health and Aged Care Web site. Information pamphlets are also available from Medicare Offices and from pharmacies.

Dr TIM HAWKINS 3/21 FLETCHER ST BYRON BAY NSW 2481 Ph: (02) 6685 7307

2037790			
PHA	ARMACEUTICAL BENEFITS	ENTITLEMENT NO.	0
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Opening Hours- Mon-Fri-9am-6pm, Sat-9am-12pm, Hols-9am-2pm

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Byron Bay, NSW

20 JOHNSON STREET

GARY FITZSIMMONS PHARMACY



RESCRIPTION

Zantac

For Relief of Heartburn

& Acid Indigestion

No Prescription required, ask your pharmacist if Zantac Relief

is suitable for **you.**



Cold the Country

Halh File How kins . 25/3/02 · Stickes removed · Ear received freeze spray. · Wants-booking or keep applying & scratch. · Tugo rail (bruse). I finger tensched above the situral hail & cause blood blister should grow out sie watch for and Re maner of spread of a Melanoma. Grows Side vays & down (deeper) Kereby affecting of the Elister". other parts of the local area. · Ro Squamous cell type. The nack lymps drawn not only from Road, Front but also the skoulder area. The fact that Aquamous found in glans and could not be
found elsowers, our the site can be
suplained by the fact that the singist
Life could have clands up. This is a normal body process.

KA=Kela-paiem-thoma: 13/8/02
2 type of a type of Squamous Cancer Cell Appears within a flew, weeks (sec) + looks like a gained pemple with Rand yellow contenous Considered to be exposure)

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1 boyens

Howkers 20/2/02 · "Lecal unelanoma ie not molignant. hosion 8×5 mm x about 0.25/0.5 deep. Section nemoved >0+10+1 mm " "Insita Superficial melanoma" . Had a potential to spread. · As one has occured, potential for others to yet occur at other location. Teatines · Brown in colour, roundishin shape with irregular edge and whiteish patch on one side shirt Rain whiteish potch. BMO + VIDA Vit, A. Sentos. Cov legud Mulla-Wulla Estra Lesk Carodem. for spin bunto Unen Vit EA, Zonc

BE 16-4-02

optimum skin health..

Visit us today and discover your skin's future.

We are proud to announce that Dermalogica is available at our skin care centre. Combining our advanced treatment expertise with Dermalogica's revolutionary formulations, we can treat the cause of your skin problems, not just the symptoms.

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INTRODUCTORY OFFER

1/2 hour mini-facial free skin analysis and eyebrow tint - only \$28

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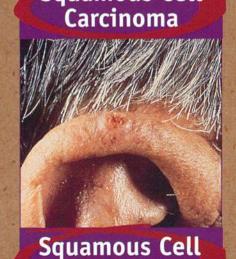


Your skin spots may vary from the examples shown

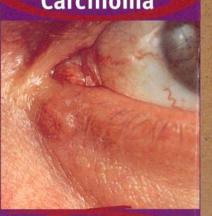
Freckles

& Moles

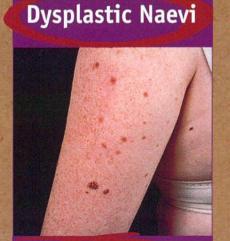
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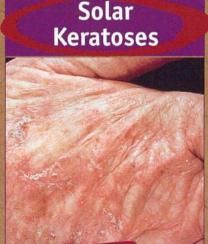
Basal Cell Carcinoma



Basal Cell Carcinoma



Dysplastic Naevi



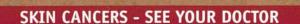
Solar

Keratoses

Seborrhoeic Keratoses



Melanoma



Carcinoma

WARNING SIGNS

HARMLESS SPOTS

Skin spots to watch

Melanoma

- The most dangerous skin cancer.
- If untreated, cancer cells spread to other parts of the body. If treated early, 95% are cured.
- Appears as a new spot, or an existing spot, freckle or mole that changes colour, size or shape.
- Usually has an irregular or smudgy outline and is more than one colour.
- Grows over weeks to months, anywhere on the body.

Squamous Cell Carcinoma

- Not as dangerous as melanoma but may spread to other parts of the body if not treated.
- A thickened red, scaly spot. Later it may bleed easily or ulcerate.
- Appears on sites most often exposed to the sun.
- . Grows over some months.

Basal Cell Carcinoma

- Most common and least dangerous skin cancer.
- Appears as a lump or scaling area.
- · Red, pale or pearly in colour.
- As it grows it may become ulcerated like an unhealing sore or one that heals then breaks down again.
- Grows slowly, usually on the head, neck and upper torso.

Dysplastic Naevi

- Not skin cancer, but a warning that you may be more prone to melanoma.
- Often flat, fairly large moles which share some of the features of early melanoma.
- Characterised by irregular borders and uneven color with multiple shades of brown and sometimes pink.

Solar Keratoses

- Not a skin cancer but a warning that you are prone to developing skin cancer.
- Characterised by red, flattish, scaling areas which may sting if scratched.
- Sunspots appear on sunexposed skin in the over 40 age group.

Freckles & Moles

- Freckles are harmless colored spots that range in size from 1 to 10 mm.
- Moles are evenly colored and may be raised although they do not have to be.
- Moles have clear, even edges and are usually circular or oval in shape.

Seborrhoeic Keratoses

- By the age of 60, most people have at least one or two.
- They have a very discrete edge and frequently sit up on top of the skin.
- Colour varies from pale skin through orange to black.
- Size varies from a few millimetres to 2 cm.

How to save your skin

It's not too late to save your skin. Skin cancers, skin damage and premature ageing CAN be prevented.

HOW? It's easy Reduce your sunlight exposure, especially in the peak radiation hours of 11am to 3pm. Cover up, even if the temperature is in the low 20s. More people get sunburnt on cooler days than when it's hot. And find some shade, or create your own with an umbrella.

- 1. Slip on a closely woven, long sleeved shirt (natural fibres are coolest)
 - Slop on SPF 30+ sunscreen (or higher) before you go out for the day and reapply it regularly (keep a small tube handy in case of emergencies)
- 3. Slap on a hat (a cool, broad brimmed hat will give you most protection)
- 4. Take particular care between the high risk times of 11am and 3pm. And don't forget your eyes wear your sunglassess when you go outside.

By following these simple guidelines you can significantly reduce your exposure to solar radiation. And remember, a tan doesn't prevent skin cancer. See your doctor if you notice a freckle, mole or lump that is new or changing in size, shape or colour, or a sore that doesn't heal.

