Skin Cancer
Did you know it can take only 15 minutes to get sunburnt on a summer's day in Australia? In fact, Australia and New Zealand are two of the top countries for skin cancer incidence, and sunburn is one of the major causes of the disease.

You might be shocked to hear that two in every three Australians will be diagnosed with skin cancer by 70 years of age. DNA damage from the sun builds up over the years, and more than 2,000 of us sun-loving Australians will die from skin cancer each year.

Acne
Acne, commonly known as pimples or spots, is most often seen on the face, chest and back. You can develop acne when the pores on your skin become clogged up with oil, dead skin and bacteria. If you’re aged between 15 and 24, more than 8 out of 10 of you will be affected by acne. The good news is, it can be effectively treated by a dermatologist.

Eczema
Eczema, also known as atopic dermatitis, is a very common skin issue that causes patches of red, itchy and inflamed skin. One in every five infants will experience eczema, but it can also affect older children and adults too. Eczema can be pretty unpleasant. The condition can significantly affect a child’s quality of life, and the life of their parents too, who are often feeling very stressed trying to find a solution to their infant’s or child’s condition.

Psoriasis
Psoriasis is an autoimmune disease which occurs when the immune system is not working properly and sees its own cells as dangerous. For some people, the itchy, scaly and red patches can be quite small. For others however, the patches can cover almost the entire body. Four percent of Aussies live with psoriasis. For some people with psoriasis, their comfort levels can be really affected, and may even lead to hospitalisation.

The A-Z of skin
To learn more about the A-Z of your skin & the expertise of a dermatologist, head to the Australasian College of Dermatologists website at www.dermcoll.edu.au

This information was brought to you by the Australasian College of Dermatologists, the peak medical College accredited by the Australian Medical Council for the training and professional development of medical practitioners in the specialty of dermatology.