Greg, 46
Father to twins, sales professional & sports enthusiast who was diagnosed with melanoma in May 2018, LAUNCESTON

Father to twins, sales professional and sports enthusiast, Greg, 46, Launceston, was diagnosed with a melanoma in May this year.

Greg visited his GP for flu-like symptoms, when he happened to mention being concerned about a sunspot on his nose. His GP immediately referred him to a dermatologist, after agreeing the spot looked abnormal.

Greg was diagnosed with a melanoma just days after a biopsy was taken by his dermatologist.

He admits that he didn’t understand the risks associated with skin cancer, or the fact he was at higher risk of developing the disease because of the amount of time he has spent outdoors unprotected from the sun throughout his life.

Greg now recommends that everyone visits their GP for a skin check and wants to promote the importance of men knowing their skin cancer risk.

This is Greg’s story.

Feeling unwell and suspecting he had the flu, Greg booked an appointment with his GP and took the opportunity to mention a worrying mark he had noticed changing on his face.

“Just last month, I visited my GP with the flu and remembered to mention a suspicious looking spot on my nose that I had noticed changing over the last couple of years.

“I’d actually been meaning to see my GP about it for around 12 months but had forgotten to mention each time I was there,” Greg said.

Greg’s GP agreed that the spot looked suspicious and referred him to a dermatologist.

“I went to see a dermatologist straight away, who reassured me I was in safe hands and took a biopsy of the spot. Just two days later, he called to tell me the devastating news that the sunspot on my nose was a melanoma.

“The news was extremely shocking to me. Especially since I’d had the spot checked a few years prior, and was told it was nothing to be worried about at the time,” said Greg.

Greg admits that although he knew the risks associated with skin cancer, he didn’t think it was ever something that would personally affect him.

“I knew how dangerous skin cancer can be but I just never really thought about it. You always presume it’s a diagnosis someone else is going to receive.

“When I was young, we weren’t taught a lot about the dangers associated with sun exposure so it wasn’t really on my radar,” Greg said.
Greg now understands that he is at high risk of developing skin cancer due to a number of factors.

“I have fair hair and skin and I got sunburnt a lot as a child, which puts me at risk of developing skin cancer.

“I also grew up playing lots of outdoor sports, where I was exposed to the sun and often unprotected,” said Greg.

Greg is thankful for the support of his dermatologist and now appreciates their expertise in diagnosing, treating and managing skin issues, particularly cancer.

“My dermatologist has been extremely helpful throughout my diagnosis and treatment, especially by showing me what to look out for on my skin so I can perform self-checks at home.

“If anything on my skin starts to change or to itch, I’ll book an appointment with him straight away to get his expert advice,” said Greg.

Greg is now a strong advocate for all men keeping a close eye on their skin and getting regular skin checks, especially as they get older.

“After my experience, I always recommend that people go to get their skin checked, especially those who have spent a lot of time outside or may be at risk.

“It should really just be a routine thing that everyone does, it’s not hard to do and it can save your life.”

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To coordinate an interview with Greg, please contact Kirsten Bruce or Holly Hamilton from VIVA! Communications on 0401 717 566 / 0434 799 839.