

Digital Mole Mapping

also known as Total Body Photography

Taking periodic high resolution photographs of the whole skin surface can allow the earlier detection of melanoma, as some melanoma can only be detected by noticing a changed mole or lesion. These changes can sometimes be impossible to spot without a detailed photographic record over time.

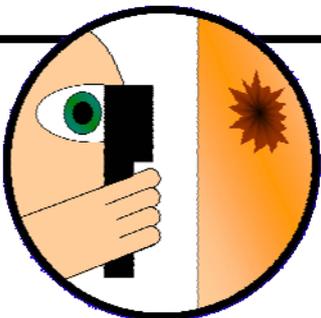
Mole maps are particularly important for people with many moles, or for people with "dysplastic" ie irregular moles as they have an increased risk of melanoma in their life time. When melanoma is detected in dysplastic naevus syndrome, studies show in half of cases the melanoma is found due to the use of serial skin photography.

Mole mapping is conducted in a warm private room, usually by a female photographer. These sessions generally take about half a hour. At the end of the session you will be given your images on a dedicated USB drive which we will provide to you. The images can be viewed on a home computer without any additional software. If you would prefer the images can be password protected to keep your images private.



You can use these images

- on your own or with your partner to look for changing lesions
- bring them to your skin checks at iSpot
- take them to your dermatologist if you see one



iSpot Clinic

10 Hazelwood Road, Traralgon. Vic 3844

 **1300 554486**

Preparing for your Digital Mole Map

If you have not seen Dr Phare for a skin check within the last 12 months, it is recommended you book both a skin check and Digital Mole Mapping at the same time. This will also allow microscopic / dermoscopic images of any lesions of interest to be added to your USB drive.

- Long hair should be tied back / worn up.
- Jewellery should be minimal.
- Make up should be avoided, including coloured or false or nails if possible.
- For women bras can be worn, but this is not recommended.
- Underwear should be clean, and relatively brief. Medium grey coloured underwear tends to work best; avoid bright white or completely black underwear if possible.
- Please wear comfortable clothes that are easy to remove.



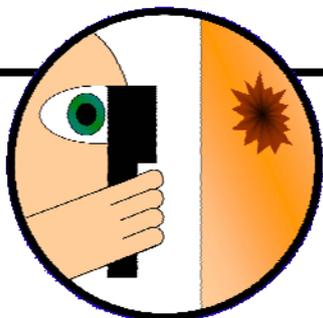
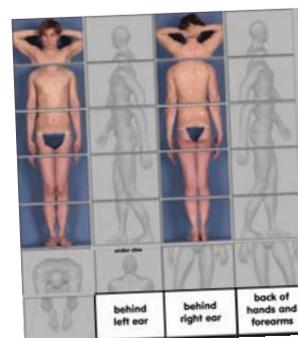
Costs

Digital Mole Mapping (without a consultation) :

\$150

There is no Medicare rebate for Digital Mole Mapping, but some private insurers may offer a rebate for this service.

Mole maps are usually updated every 5 - 10 years.



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