

Melanoma! Now What?

Dr Brendan Louie | Plastic Surgeon

With the rapid evolution of systemic treatment for melanoma and ongoing debate around what the best management approach is, it is unsurprising that there is confusion amongst practitioners regarding what to do when a melanoma is suspected. One of the keys to being able to provide appropriate melanoma management is being able to accurately assess the primary melanoma.



Shave vs excision

A shave biopsy for a lesion can be an efficient way to diagnose and treat lesions. When performed with melanoma, however, it can transect the base of the lesion and disrupt the ability to accurately determine the Breslow thickness of the melanoma, which could potentially affect management decisions and prognostic information. The recommendation remains to do an excisional biopsy for any suspected melanoma. In situations where an excisional biopsy is not possible, for example large facial lesions, then representative biopsies that include the full

thickness of the dermis and upper subcutis are acceptable.

One of the toughest things patients go through is the anxiety associated with the diagnosis, especially when they have been googling "stage 4" disease after being informed of their "level 4" melanoma on biopsy. Clarke level is an outdated tool to describe the level of invasion of melanoma that has no bearing on clinical decision making or prognostic significance and can cause unnecessary stress to patients. It is worth clarifying the difference between having a Clarke level 4 melanoma and stage 4 metastatic disease.

Scans – should I scan my patient?

Anyone with suspect stage 3 disease should undergo imaging to identify any metastatic disease. CT head / neck/ chest / abdomen and pelvis is readily accessible and can help to identify obvious metastatic disease, however PET CT is a more sensitive investigation. Suspected brain metastases are best defined using MRI. Consideration can be given to patients with stage 2c disease (primary melanomas >4mm with ulceration) as they are high risk for having metastases at presentation.

The downside to scanning patients with thinner melanomas is the potential to identify abnormalities that turn out to be harmless after a lot of unnecessary investigations and anxiety. Furthermore, exposure to radiation can increase the risk of cancer developing in the future, as well as the development of cataracts.

Sentinel Node Bx

The option of having a sentinel node biopsy should be discussed with patients with a melanoma of Breslow thickness >1mm or >0.75mm with high risk pathological features prior to wide local excision. Once a WLE has been performed there is potential for the true lymphatic drainage of that lesion to be disrupted and for the accuracy of the sentinel node biopsy to be compromised. The difficulty with performing sentinel node biopsy is that there is no direct evidence to prove that there is any survival benefit from it or subsequent completion lymph node dissection (CLND), and there can be significant side effects, particularly with CLND. A subset analysis of MSLT-1 data did show a survival lymphatic drainage of that lesion to be disrupted and for the accuracy of the sentinel node biopsy to be compromised. The difficulty with performing sentinel node biopsy is that there is no direct evidence to prove that there is any survival benefit from it or subsequent completion lymph node dissection (CLND), and there can be significant side effects, particularly with CLND. A subset analysis of MSLT-1 data did show a survival benefit in patients with positive SNBx who went on to have immediate CLND and were found to have further non-sentinel node involvement. This survival advantage applied to less than 5% of all those who underwent SNBx. We will know more about the potential benefits once the results from MSLT-2 are released, however this is still about 5 years away.

CONTINUED ON PAGE 2

Westside Private Update

Westside Private is on track to open in 2018. It was great to get some of the Montserrat team onsite last month as we are now 3 floors out of the ground.

We also took the opportunity to show some new Surgeons around who will be operating at Westside Private Hospital when we open in the New Year.



We have A Quality System Coordinator

Montserrat has appointed Giselle Latta as the **Quality System Coordinator** based at the Montserrat Support Office and will be visiting the various Montserrat Hospitals regularly.

Giselle has 28 years of nursing experience and has worked clinically, as well as in quality, risk and compliance in both the public and private health care sectors. In a very short space of time Giselle has become a very important member of our growing team.



Until then, sentinel node biopsy remains a prognostic investigation only. It may be of great relevance for some to know that around 1 out of 10 people will die within 10 years if their SNBx is negative and that 3 out of 10 people will die within 10 years if it is positive. They may accept the potential complications to know that information. The other benefit of knowing the nodal status is the potential to enrol in adjuvant therapy trials. If these trials show benefit, then the future role for SNBx may be to gain access to these drugs.

Adjuvant Therapy

The development of targeted therapies and immunotherapies have been a breakthrough in the management of metastatic or unresectable melanoma. Currently, BRAF mutant melanoma is usually treated initially with BRAF +/- MEK inhibitors with

conversion to immunotherapy (CTLA-4 and PD-1 inhibitors) if disease progresses or recurs. BRAF wildtype melanomas are commenced on immunotherapy primarily. There are numerous trials looking at different combinations of these drugs that show promising improvements in outcomes, however it is still the minority of patients that have a response to therapy, and an even smaller percentage that have a total and sustained resolution of their disease. There are problems with resistance to these drugs and relapsing disease that isn't fully understood yet. And, as with all interventions, there are side effects. Until we can identify exactly who will benefit from these medications and figure out a way to control the costs involved, it will remain limited to use in patients with metastatic or unresectable melanoma.

Personalising melanoma management is the key to ensuring that every patient gets the treatment that is right for them. As practitioners we must have a thorough understanding of the current options for management in order to be able to explain the choices to patients in an effective and understandable way. The melanoma unit at the Princess Alexandra Hospital and the more recently developed melanoma multidisciplinary team at the Royal Brisbane and Women's Hospital offer a broad range of expertise to help manage patients diagnosed with melanoma.

Dr Brendan Louie
Valley Plastic Surgery
51 Ballow Street, Fortitude Valley
Ph: 07 3488 811
Fax: 07 3488 8119
Email: info@valleyplasticsurgery.com.au

Dr Brendan Louie now Operating at Samford Road Day Hospital

Dr Brendan Louie
BSc MBBS FRACS (Plast.)



Dr Brendan Louie is a second-generation surgeon, specialising in plastic and reconstructive surgery. Dr Louie completed his medical degree at the University of Queensland before furthering his plastic and reconstructive training in Brisbane and Melbourne.

It was both his extensive training and upbringing that influenced his decision to focus on head and neck reconstruction, limb and hand trauma, post mastectomy breast reconstruction, and skin cancer, with a particular interest in melanoma.

Dr Louie is a visiting consulting surgeon at the Royal Brisbane and Women's hospital where he treats patients with a wide variety of hand surgery and reconstructive problems. As part of the melanoma multidisciplinary team, Dr Louie treats a significant number of patients with melanoma. Staying involved in melanoma research and up-to-date with the latest trials allows him to help patients understand and make choices in the treatment of their cancer.

Dr Louie understands that reconstructive surgery following trauma or cancer removal can require some of the most complex and challenging operations; he has accordingly cultivated an empathy towards patients making difficult decisions in these situations and the significant stress that confronts them. Understanding his patient's individual lifestyles and being able to guide them in achieving specific objectives is not only rewarding for Dr Louie, but considered a privilege.

How To Approach Lymphadenopathy in Adults

Dr Joshua Richmond
MBBS(Hons), FRACGP, FRACP, FRCPA



Lymphadenopathy is a common presentation in general practice and understanding the red flag symptoms and signs can improve treatment outcomes. The patients's clinical history and examination can be very helpful in identifying patients who need urgent assessment.

The following symptoms and signs give guidance on when to refer patients with lymphadenopathy:

1. Unexplained night sweats, fevers and weight loss
2. Persistent palpable enlarged lymph nodes >1.5cm (greater than 6 weeks)
3. Rapid growth in a lymph node site
4. Unexplained cytopenias and/or elevated LDH in association with lymphadenopathy
5. Generalised lymphadenopathy
6. Splenomegaly

The initial workup of these patients should include the following initial tests:

Excision biopsy of the lymph node for histology, flow cytometry and cytogenetics is the preferred diagnostic test. In some cases, the ability to access tissue is limited by the location of the nodes. With these cases, core biopsy via radiology guidance is appropriate. I would not suggest fine needle aspiration due to it's poor specificity in lymphoma diagnosis workup.

PET/CT is the preferred staging radiology investigation as it has enhanced sensitivity in lymphoma staging and allows better assessment of extranodal involvement. CT scans of the neck, chest abdomen and pelvis are also appropriate in some low grade lymphoma patients

FBC, ELFTS including LDH, serum EPP, Beta-2 microglobulin and serum immunoglobulins.

If the patient has a past history of malignancy, then collaboration with the treating haematologist or oncologist can also help streamline the patient's assessment.

Dr Richmond has recently commenced private practice at the Sunshine Coast Haematology & Oncology Clinic.

Open Access Endoscopy Timetable Aug 2017

| SPECIALIST | MON | TUES | WED | THURS | FRI |
|-------------------|------|------------------------------------|-----------------------|-------|------------------|
| Dr Cliona Maguire | GAY | GAY | GAY/NLDH ^o | GAY | |
| Dr Ammar Keir | | | | | IND ^a |
| Dr Mark Norrie | | IND | | IND | IND ^a |
| Dr Sam Islam | IND | | | | IND ^a |
| Dr Rebecca Ryan | IND | GAY ^a /IND ^a | IND | IND | IND ^a |
| Dr Hugh McGregor | | NLDH ^a | | | GAY ^c |
| Dr Daniel Mehanna | NLDH | | | | |
| Dr Terrance Tan | | IPS ^a | | | IPS ^a |

Saturday Service Rotates between Doctors at Indooroopilly

^a Unless in Emerald or Longreach ^b Full day list usually available ^c Fortnightly only ^d Please note that whilst we offer an Open Access Service all our Gastroenterologists are available for consultations. ^e Monthly only (Haemorrhoid Clinic)



Welcome Dr Won to Samford Road Day Hospital

Now Consulting and Operating in the North West Corridor of Brisbane
Plastic/Reconstructive and Hand Surgeon
B Med FRACS

Dr Rebecca Won is a Plastic, Reconstructive & Hand Surgeon. She grew up in Brisbane, before graduating from Bachelor of Medicine at the University of Newcastle in 2004. She commenced surgical training in General Surgery, before being accepted onto the Plastic Surgical Training Program in Queensland

Dr Won completed her training in Plastic & Reconstructive Surgery in 2012, after time spent in Brisbane and Melbourne, before becoming a Fellow of Royal Australasian College of Surgeons (FRACS) at the end of 2012. She initially worked as a Staff Specialist Plastic & Reconstructive Surgeon at Gold Coast University Hospital, before commencing post fellowship training.

Post-fellowship training in her special interest area of Hand Surgery occurred in the

Hand & Peripheral Nerve Surgery Unit at Royal North Shore Hospital in Sydney, and at Macquarie University Hospital Hand Unit in Sydney, between 2014 to 2016. She was subsequently awarded the RACS Accredited Post Fellowship Education & Training (PFET) in Hand Surgery, currently one of only 7 surgeons in Australia with this Qualification

Areas of interest and expertise:

- Elective Hand surgery: Carpel tunnel, dequervain, trigger, ganglion, osteoarthritis
- Dupuytren's Contracture: Will treat with Xiaflex (collagenase) injections if indicated
- Acute Hand Injuries: tendon & nerve injuries, microsurgery & fracture fixation
- Skin Lesions: both benign and malignant
- Blepharoplasty
- Aesthetic Breast Surgery: primary & revision augment, breast reduction, Mastopexy

Gayle Completes RACGP Training Course



Gayle Dowestt has successfully completed the Education Activity Representative (EAR) Training Course. This will enable Montserrat to offer educational programs that will be accredited with the RACGP.

The practice of medicine is constantly evolving. The program accredits Gayle to be involved with Continued Professional Development (CPD) to GP's which is so important with changes in technology and is a great tool to keep medical staff up to date with new practices. Under the National Law, which governs the operations of the National Boards and AHPRA, all registered Health practitioners must undertake CPD. Practitioners are required to complete a minimum of 10 CPD points each year to renew their licence of certificate.

Great effort Gayle! Looking forward to your next education night.

Welcome Dr Ammar Keir to Montserrat Day Hospital Indooroopilly



Dr Ammar Kheir graduated from the University of Medical Sciences & Technology in Sudan and then went on to be accepted into the Royal Col-

lege of Physicians in the United Kingdom in 2013. Between 2013 and 2016, Dr Kheir spent time in Gosford NSW doing Advance Training Gastroenterologist & Hepatology.

Dr Kheir is also a Senior Lecturer at University of Queensland and works at QEII public

hospital. He joined Montserrat in 2017, offering consultations and procedures at Indooroopilly.

Contact:

Call 07 3833 6701 or email bookings@montserrat.com.au

Getting to know your local specialist

Dr Matthew Peters, NLDH, Plastic and reconstructive Surgeon | BSc.MBBS FRACS (Plast)

Where were you born and raised?

Brisbane born and raised.

What's the number one song played on your ipod?

It's controlled by my kids. It makes me sound old but its all pop stuff that sounds the same to me.

What chore do you absolutely hate doing?

Dusting. Time-consuming. Fiddly. Prone to breakages. Results all gone within a day.

What is your favourite form of exercise?

Skiing

If you knew the world was ending in 2017, what would you do differently?

I would stop work and travel the world with my family, visiting as many natural wonders and art galleries as we could.

Who would you pick as your mentor?

Elon Musk. I appreciate individuals who view a problem from a different angle, and deliver a solution that works.

If you could witness any event?

The day we eliminate cancer

If you could learn to do anything?

I would love to be able to draw and paint

If you could meet anyone, living or dead, who would you meet?

Leonardo Da Vinci

What was the last movie, TV show or book

that made you tear up?

It might sound bizarre but it was, 'Eye in the sky.' I was on a plane, traveling without my wife and children, and the main focus of the story was a young girl whose behaviour and mannerisms so closely resembled my eldest daughter... Sad outcome.

What's the hardest thing you've ever done?

Achieve the elusive 'work-life balance.' My work as a surgeon, my wife's work as a surgeon, and making time for our three (plus one more on the way) children is very difficult.



RAPID ACCESS COLONOSCOPY

If you're not seen in the first 3 weeks it's FREE!

Our team of experts provide Gastroenterology services across 6 locations in Queensland, allowing patients better access to local specialists.

GP Hotline: (07) 3833 6788

Bookings: (07) 3833 6701

Fax (07) 3833 6740 / Medical Objects: CM40000007H

Meet the team



DR REBECCA RYAN | Gastroenterologist & Hepatologist | MBBS (HONS) FRACP



DR CLIONA MAGUIRE | Gastroenterologist MB BCH BAO MRCPI FRACP



DR TERRANCE TAN | Gastroenterologist MB BS FRACP PHD



DR MARK NORRIE | Gastroenterologist BHB MB CHB FRACP PHD



DR SAM ISLAM | Gastroenterologist MBBS PHD FRAC



DR AMMAR KHEIR | Gastroenterologist MBBS, MRCP (UK), FRACP



MONTERRAT DAY HOSPITALS

VISITING SPECIALIST LIST

EFFECTIVE SEPTEMBER 2017



www.montserrat.com.au

NORTH LAKES

7 Endeavour Blvd, North Lakes, 4509

GP hotline: 07 3833 6755
General Fax: 07 3491 3614
Consulting Suites Ph: 07 3833 6765
Consulting Suites Fax:..... 07 3491 6803

Brisbane Haemorrhoid Clinic

General bookings: 07 3833 6707

Brisbane Hernia Clinic

General bookings: 07 3833 6786

Moreton Bay Breast and Thyroid Clinic

Consulting Suites Ph: 07 3910 5150
Consulting Suites Fax:..... 07 3910 5160

Cardiology

Dr Roderick Chua..... 07 3861 5522

Dermatology

Dr Ben Carew 07 3856 5007

ENT Surgery

Dr David McIntosh..... 07 5451 0333

Fertility Treatment

General bookings: 1800 4 MY IVF

Gastroenterology

Dr Agus Brofodihardjo 1300 513 255
Dr Cliona Maguire 07 3833 6701
Dr Rajee Palar Sinniah 1300 733 801
Dr Mahesh Jayanna 1300 733 801
Dr Tom Zhou 07 3861 4866

General Surgery

Dr Naeem Khan..... 07 3833 6765
Dr Hugh McGregor 07 3283 4200
Dr Daniel Mehanna 07 3833 6765
Dr Roderick Borrowdale 07 3283 4200

Gynaecology

Dr Archana Saraswat 1300 780 138
Dr Lata Sharma 07 3833 6765
Dr Graham Tronc..... 07 3870 5602

Occupational Medicine

Dr Robert McCartney
drob@omcd.com.au

Oncology & Haematology Clinic

General hotline: 07 3859 0690
Dr Raluca Fleser..... 07 3353 9026
Dr Darshit Thaker..... 07 3859 0690
Dr Peter Davidson 07 3121 4605
Dr Kieron Bigby 07 3859 0690
Dr Geoffrey Hawson 07 3859 0690

Open Access Endoscopy

Dr Cliona Maguire 07 3833 6701

Ophthalmology

Dr Andrew Smith..... 07 3385 0900
Dr Stuart Reader 07 3385 0900
Dr Kate Slaughter 07 3385 0900

Oral & Maxillofacial

Dr Mohammed Mansour..... 07 3832 3232
Dr Terrence Alexander..... 07 3832 3232
Dr Matthew Hawthorne..... 07 3852 4888

Orthopaedics

Dr Gaugin Gamboa 07 3832 1652 (Knees)
Dr David Shooter 07 3339 1514 (Hand & orthopaedic clinic)

Plastic & Reconstructive Surgery

Dr Phil Richardson..... 1300 789 240
Dr Mark Kohout..... 1300 559 848
Dr Joseph Rizk 1300 559 848
Dr Matthew Peters 07 3488 8118

Pain Management

Dr Matthew Keys 07 3391 7111
Dr Frank Thomas 07 3391 7111

Bodyworks Physiotherapy

General hotline: 07 3204 6388

Respiratory & Sleep

Dr Andreas Fiene..... 07 3635 8400

Queensland Vasectomy Clinic

General hotline: 07 3833 6766

Northside Sleep Clinic

General hotline: 07 3635 8400

Urology

Dr Jo Schoeman..... 07 3831 9049
Dr Jon Paul Meyer..... 07 3883 4431
..... 0488 378 016

Vascular Surgery

Dr Simon Quinn..... 07 3188 7521

INDOOROPILLY

12 Riverview Tce, Indooroopilly, 4068

GP hotline: 07 3833 6788
General bookings: 07 3833 6701
General Fax: 07 3833 6740

Gastroenterology

Dr Rebecca Ryan Dr Sam Islam
Dr Cliona Maguire Dr Kavin Nanda
Dr Mark Norrie Dr Ammar Kheir
Dr Terrance Tan

Hepatology

Dr Rebecca Ryan

Vasectomy

General bookings 07 3833 6766

SAMFORD ROAD DAY HOSPITAL

383-391 Samford Rd, Gaythorne, 4501

General hotline: 07 3833 6794
General Fax: 07 3354 3296

General Surgeon

Dr Hugh McGregor..... 07 3283 4200

Dermatology

Dr Jason Wu 07 3871 2000
Dr Greg Butler 07 3871 2000
Dr Karl Rodins 07 3550 3082

Gastroenterology/ Iron Infusions

Dr Cliona Maguire 07 38336701
Dr Rebecca Ryan 07 38336701

Vasectomy

General bookings 07 3833 6766

Plastic/Cosmetic

Dr Phillip Richardson 1300 789 240
Dr Andrew Broadhurst 07 3252 8884
Dr Theo Birch 07 3831 1500
Dr Rebecca Won 07 3839 9791
Dr Brendan Louie 07 3488 8118

Urology

Dr William Bowes..... 0481 082 572

Oral & Maxillofacial

Dr Mohammed Mansour..... 07 3832 3232
Dr Terrence Alexander..... 07 3832 3232

HAEMATOLOGY & ONCOLOGY CLINICS



SUNSHINE COAST HAEMATOLOGY & ONCOLOGY

10 King Street, Buderim QLD 455

General bookings: 07 5479 0000
General Fax: 07 5479 5050

| | |
|--------------------|----------------------|
| Dr John Reardon | Haematology/Oncology |
| Dr Hong Shue | Medical Oncology |
| Dr Sorab Snavaskha | Haematology |
| Dr Lydia Pitcher | Haematology |
| Dr Joshua Richmond | Haematology |

NORTH LAKES HAEMATOLOGY & ONCOLOGY

7 Endeavour Blvd, North Lakes, 4509

General bookings 07 3833 6755
General Fax: 07 3491 3614

| | |
|--------------------|---|
| Dr Darshit Thaker | Medical Oncologist 07 3859 0690 |
| Dr Keiron Bigby | Medical Oncologist 07 3859 0690 |
| Dr Raluca Fleser | Haematology 07 3353 9026 |
| Dr Peter Davidson | Haematology 07 3121 4605 |
| Dr Geoffrey Hawson | Haematology/Oncology 07 3859 0690 |

Business Development Manager:

Ken Hilliard 0438 609 033

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