

Total Body Photography

Everything you need to know

What is total body photography (TBP)?



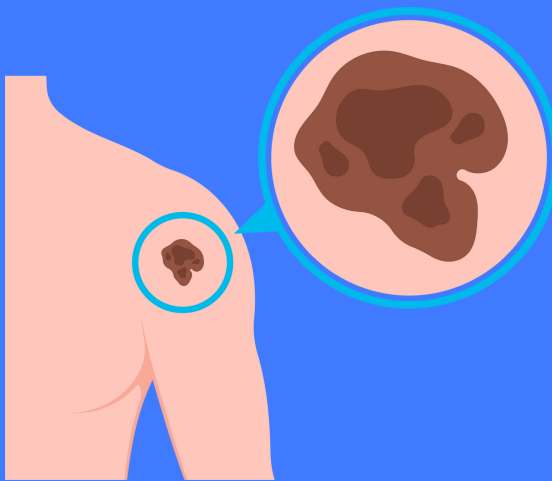
Total Body Photography (TBP) is the process of taking high-quality images of your skin to document and monitor mole size and evolution. This is done through a series of photography sessions and using specialist software with visual algorithms to compare images. The process is used to promote early detection of melanoma (which may go undetected by the naked eye) through analyzing your skin in its entirety as well as focusing on suspicious blemishes through magnified close-up images (serial dermoscopy) to track change.

Who should consider Total Body Photography?

- Those who have many nevi (etc: moles, “spots”), generally over 50
- Those with any large moles (over 1cm in size) or history of dysplastic nevi
- Those who have a personal history of skin cancer
- Those with a family history of skin cancer
- Those who have extensive sun damage or history of sunbed use
- Those taking immunosuppressive medication

How is TBP better than taking photos yourself?

- Allows for the ability to photograph all areas of the skin
- Polarized filters are used to bring out more detail in skin photographs, which is important in evaluating and tracking moles
- Standard poses and positions are used so images can be directly compared
- We use digital imaging software that compares photographs and flags lesion that have changed, allowing for the highest level of diagnostic expertise
- Serial dermoscopy is used on the most unusual lesions
- The entire process is quick, straightforward and professionally guided



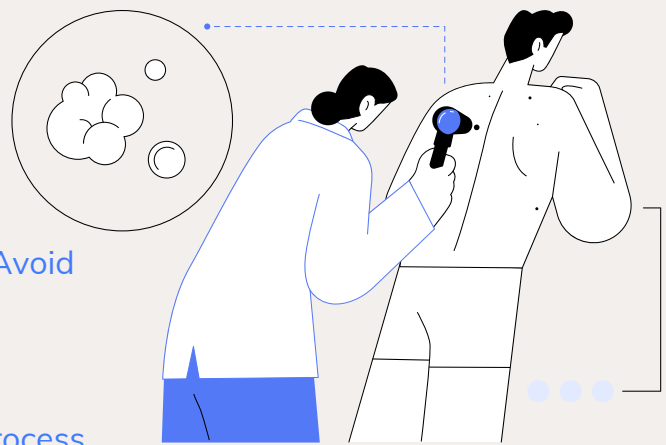
What to expect for your appointment

Before appointment:

- Do not shave or wax in the days leading up to your appointment to prevent blemishes and ingrown hairs. Avoid using fake tan 2-4 weeks before appointment.

At appointment:

- A nurse will provide an overview of the appointment process
- In a private area, all jewelry and clothing except undergarments must be removed and long hair must be tied
- You will be guided through a series of standardized poses designed to best capture all of the moles and lesions on your skin. Any suspicious moles will be photographed more closely using serial dermoscopy
- The imaging information will be securely recorded for the doctor to evaluate and to decipher the appropriate next steps. You will also get access to the data and images through your personal account for your own reference.



Additional ways to continue monitoring your skin:

- Regular self-examination and at-home photography of the skin
- Know the “ABCDE’s” of melanoma (Asymmetry, Borders, Colour, Diameter, Evolving)
- Regular physician skin examinations
- Sequential dermoscopic imaging

