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ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸ਼ਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ 0800 0730510 ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिए तो पेशन्ट इनफरमेशन को-आरडीनेटर को टैलीਫ਼ोन ਨੰਬਰ 0800 0730510 पर फ़ोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઈન્ફોર્મેશન કો-ઓર્ડિનેટરનો 0800 0730510 પર સંપર્ક કરો.

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে 0800 0730510 এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية (اللغة العربية) , فرجاء ا اتصل بمنسق المعلومات للمريض

0800 0730510 على التلقون Information Co-ordinator

حسب ضرورت امليف ائ كوپلې زبان (اردو) میں حاصل کرنے کے لئے راپور ہائی ٹیلیفون نمبر 0800 0730510 پر وھٹ افریشین اور اھنفر (عربیوں کے لئے معلومات کی افرہی کے سلسلے میں افر) کے ساتھ رابطہ کر کریں۔

Bowens Disease

Skin Oncology

Patient Information Leaflet

Bowen's Disease

Bowen's Disease affects the top layer of skin. It can develop for many reasons. One of them being long- term sun exposure. It is not infectious and can be easily treated. Because it is slow growing and does not cause any serious harm, if detected and treated early, most Bowen's disease is 100% curable. However, if left untreated, over time it can develop into a skin cancer.

Bowen's Disease can look like:

- A red scaly patch.
- A crusty, flat or raised patch.
- An irregular patch with white or yellow scale, which may come off to leave a moist red area.

Bowen's Disease can be found:

- Anywhere on the body, especially on areas of skin exposed to the sun, such as on the lower legs hands and arms.
- Also on more unusual places like inside the mouth or on the lining of the sex organs.
- Often more than one patch may be found.

Treatment for Bowen's Disease

Once a doctor has decided that the area of skin is abnormal, a sample of skin (biopsy) may be taken and sent to be examined under the microscope.

Further information

If you require any further information regarding our services, you can contact:

Tracy Beese
Macmillan Clinical Nurse Specialist
Skin Oncology
The Dudley Group of Hospitals NHS Trust.
Telephone: 01384 456111 Extension: 3088

Your comments

We welcome your comments, and if you have any ideas how we can improve our services, please write to:-

The Chief Executive
Trust Headquarters
C Block
Russells Hall hospital
DUDLEY
West Midlands
DY1 2HQ

This is not done in all cases, as Bowen's Disease is usually easy to diagnose.

The treatments the doctor may discuss with you depend on the size of the patch and where it is on your body.

Freezing (with liquid nitrogen)

Liquid nitrogen is a very cold substance applied to the patch.

This form of treatment only takes a few minutes, and destroys the patch by freezing but cannot be used on some areas of the body.

After treatment, you may experience some discomfort, which should be relieved with mild painkillers, such as Paracetamol.

It is normal for the treated area to look red and inflamed for 2 -4 days.

Sometimes small blisters can form after treatment. Any blisters should be left uncovered. If the blister becomes large it may need to be pierced with a sterile needle and a dry dressing applied, this should be done either by staff in the Dermatology Department or by your GP's practice nurse.

Creams

Special creams may be used which interfere with the growth of the

damaged patch. The creams are normally used for 3 - 4 weeks and will make the treated area red and sore before making the patch disappear.

Some patients are able to apply the cream themselves, others will need the help of a Community Nurse or we may ask you to come back to the department to have the cream applied. Please read the information leaflet supplied with the creams before use.

Surgery

Some patients may require surgery to remove the patch. The surgery can be carried out quickly and easily using a local anaesthetic as an Outpatient or Day Case procedure.

Please contact the Dermatology Department if you are concerned about any aspect of your treatment.

After treatment

The number of times you will need to visit the Hospital will depend on the treatment you have received. Once your treatment is completed, you will be seen in the Outpatients Department within 6 - 8 weeks to finally check the treated area.

Remember, because you have had Bowen's Disease we know you have a sensitive skin.

Please help us to help you.

Please remember to:

- Examine the treated area every 6 - 8 weeks to check the Bowen's disease has not returned. This is very unlikely to happen but it is best to check.
- Check the rest of your body for any changes to the skin or new patches especially in areas exposed to the sun.
- Protect your skin from the sun. This is very important now that you have been treated for Bowen's disease.

If you are worried about any new changes to the skin or new patches, see your GP.

Leaflets cannot take the place of talks with doctors, nurses and other members of the health care team.

Remember, if you have any questions please ask us or talk to your GP.