

Wadhurst Medical Group guide on how to take a useful photograph to help your doctor diagnose your condition

Although photographing something seems simple, there are a few rules of thumb that will make it much easier for your doctor to be able to make a diagnosis.

1. Adequate lighting

Please make sure the area is well lit. Not flooded with light, but enough light to make the area (for example, a mole on your arm) clear to see, and stand out from the surrounding skin.

2. Some sort of scale

it is important to be able to tell the size of lesion so I having a ruler alongside it, or something like a 5 or 10p piece coin alongside will be very helpful

3. Indication of location

In some photographs, it can be very difficult to tell what part of the body the photograph is of. Please make this clear, either in the photograph, or in accompanying message. The side of the body (right or left) is also important.

4. Indication of orientation

It can sometimes be difficult to tell which way up a photograph is. Please try to make it clear on the photograph which way is up!

5. Identification

We need the details of who the photograph is of. We will need both name and date of birth. This is because some photos we are sent are of a relative (or even a neighbour!). We need to make absolutely sure the photos go in the right set of notes. In a perfect world, each photo would include these details on it.

6. Information

Be aware that photographs sent to your doctor form part of your medical record, and will be filed within the record for this reason.