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The Skin Guru

Tipping a hat to you?

Find out inside

Also you will learn:

- What small town values can be
- About Dr. Moore's gum mix up
- Tips on little disciplines
- And more....

Remember to get your dermatology skin cancer screening examination. It could be the most valuable thing you do this year.

Call (574)522-0265
for your skin care



Dr. Moore's

Skin Wise



Enhancing
lives from
the skin in

111 North Nappanee St Elkhart, IN (574)522-0265

Small Town Values

Hello My Friend,

Have you ever wondered what small town values are? Well, in this area we have many people who exemplify this concept. The values our country was built on shine bright right here.

People in small communities often realize something important. The fact is, we are all in this life together. True community members do their part. This often means lending a hand in a way which gives another person a hand up. It can be as simple as a smile or thank you to the grocery clerk, holding a door open for another, or a compliment to someone we know (or don't know). Actions like these help build a brighter world around us and are a staple of small communities.

Many in our area commit a great deal to making life better for others. Some things I have heard include a wonderful man making baby hats for every child born at Goshen Hospital, a woman making baby blankets for Elkhart Hospital, another making baskets for soldiers in Afghanistan, and more than one who help grow a community garden in Elkhart and then donate the food to the needy.

The sheer volume of people lending a hand to make a difference is incredible. In fact, it seems more an oddity that someone is not giving back in some way.

It is an honor to raise my family here where we see every day the example of giving. Thank you for making small town values come alive in the hearts of myself and so many others. May you have many returns on your good deeds!

Roger
Roger Moore, MD

The photo of Dr. Moore was taken inside the store at Meremac Caverns. It is the largest commercial cave in Missouri and was once a hide out for the outlaw Jesse James. He would swim under water through a tunnel inside the cave to a hidden room on the other side and hide himself and his loot. The cave is magnificent.

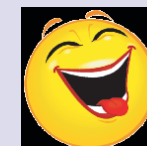
Dr. Moore and his staff tip a hat to you for being one of the great people here!

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Hello! We are pleased to send you this issue of SKIN WISE. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors

MONTHLY JOKE

THE
BANDIT



A Mexican bandit made a specialty of crossing the Rio Grand from time to time and robbing banks in Texas. Finally, a reward was offered for his capture and an enterprising Texas Ranger decided to track him down.

After a lengthy search, he traced the bandit to his favorite cantina, snuck up behind him, put his trusty six-shooter at the bandit's head, and said, "You're under arrest. Tell me where you hid the loot or I'll blow your brains out."

But the bandit did not speak English and the Ranger didn't speak Spanish. Fortunately, a bilingual politician was in the saloon to translate the Ranger's message. The terrified bandit blurted out in Spanish, that the loot was buried under the oak tree in back of the cantina.

"What did he say?" asked the Ranger.

The politician answered, "He said 'get lost, Gringo. You wouldn't dare shoot me.'"

The seeds you sow,
provide the crops you grow

What if I think a spot is skin cancer?

Consider a biopsy or a referral over to our office. One thing to understand is skin cancer is incredibly common today. In fact, it is estimated up to 1 in 3 people will get skin cancer at some point in their lifetime. Skin cancer is often very treatable if it is caught and treated early. The basal cell carcinomas and squamous cell carcinomas are most common and each of these can be treated with an advanced cancer removal technique performed by Dr. Moore. Skin cancers can have many features, but some common examples of cancers we have removed in our office are:

Basal cell carcinoma which is often a pink pearly bump that has no symptoms



or

Squamous cell cancer which is often a firm pink bump on sun exposed skin.



Moore's Mohs What is it, anyway?

Mohs Surgery is a technique to remove skin cancer by dermatologists trained in pathology interpretation and skin surgery. The technique allows Dr. Moore to see all the edges and bottom of the tissue removed so the cure rate is much higher for Mohs. The processing is done in the office, so we know before patients leave if the cancer is out. It has the highest cure rate available.

Dermacase

The One Minute Pearl

Case History

This 65 year old woman presented with a rash for three months involving the torso and extremities. Pruritus was usually mild and intermittent with occasional bouts of intense pruritus. There was no history of atopy or psoriasis. She does take simvastatin.

Exam

The abdomen, back, hands and legs had erythematous scaling plaques.

The plaques display a xerotic scale and some have a craquele appearance.



Derm Assessment

This case represents asteatotic (xerotic) dermatitis which typically occurs when the skin is dry. In severe cases the skin may appear like a porcelain plate which has dropped and cracked and in such cases is termed eczema 'craquele.' It is also common on the hands where fissures can occur.

Dr. Moore's Discussion

It is important to understand and diagnose this since it can mimic other conditions. It must also be noted the it requires treatment of the skin as agents such as prednisone give little long term relief.

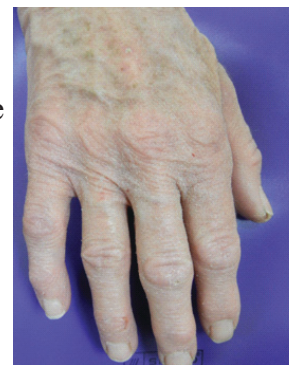
Our skin's outermost layer termed the epidermis has a zone closest to the surface which traps and holds water. With low humidity, advancing age and some medications, like those which lower cholesterol, the skin can become more dry. If severe dryness occurs, redness and rashes follow.

One tip to help keep our skin moist and vibrant includes **using creams**, not lotions after each shower and throughout the day. The cream traps moisture in and rehydrates the skin better than lotions do.

What else can we counsel our patients to do?

1. **Reduce soap contact** - ideally apply soap only to under arms, private areas and hands -- what we call the "dirty areas"
2. **Use luke warm water** as very hot or cold damage the stratum corneum
3. **Avoid friction** with loofah sponges or wash cloths which agitate skin
4. **Apply heavy creams** after washing, since creams trap moisture on the skin more effectively than lotions. This helps rehydrate dry skin.

These steps are what we term our '**Healthy Skin Tips**' and should be followed by any patient with asteatotic dermatitis, eczema 'craquele,' atopic dermatitis or other chronic rashes. For prescription intervention we must be aware topical steroids in an ointment form are the key to success. Triamcinolone 0.1% ointment is often an effective and economical choice and for delicate skin areas low potency agents such as hydrocortisone 2.5% ointment can be used. Improvement within 1-2 weeks is often noted. If the response is not optimal or you are not sure about the diagnosis feel free to refer them our way. We are honored to have your referrals.



Dr. Moore's Tidbit

Growing up in a small town has some pluses and some minuses. Your neighbors in the little town often know about any transgressions and pass those along. At times your parents find out deeds before you make it home. Other times that same quick travel of news can help a fellow neighbor. Many instances have shaped me and some are tied to the small town I grew up in and how I saw adults treat each other.



As a little tyke I remember sauntering up to the gas station counter after selecting exactly 5 pieces of my favorite gum and laying down the 15 cents of money I had saved for the special prize. Without a bit of hesitation Herschel, the owner took my money and gave me the gum. He gently pointed out after the sale that gum had gone up to 5 cents a piece, but not to worry about the difference. A bit embarrassed I still remember his kindness and willingness to help a little one avoid humiliation.

It is little things which help people we interact with daily. A man who became famous and sold many books was Dale Carnegie. He taught principles which help people get along with others. One of his lessons was to point out others mistakes indirectly and make a fault seem easy to correct. It is often hard not to jump right in when we know better than someone else, but remember Carnegie's principle. Next time you have a chance to correct another person, consider the gas station owner's gum dealing method. Be gentle and make a fault seem easy to correct. You might create a memory and make a friend.

Who Needs Discipline today?

With all the stories about children acting out, our politicians acting inappropriately, and the famous people doing silly things it seems like the world lacks discipline. Discipline for doing wrong? Maybe. But it might just be a different view. How about a commitment to do right?

If there ever was a critical ingredient to success in life it would be discipline. One small word which is rejected by so many, yet plays such a vital role in happiness, relationships, money and life.

Self-discipline is what we are talking about.

Most people envision failure as one major event such as bankruptcy, heart attacks, or divorce. However failure is rarely one event. It is a culmination of many small errors in judgement due to lack of discipline. Curiously people often don't realize there is a glue that binds success to effort. This ingredient, **self-discipline**, is the foundation for success and the lack of it ultimately leads to failure.

Learning to be aware of your small decisions today can lead you to becoming dramatically more successful in the future. A goal to lose weight or become more healthy is only attained with daily decisions. Choosing to eat well today or exercise today each and every day will lead to resounding success, but it takes time --- and **discipline**.

Start the process today and start small. It is the culmination of small decisions and disciplines compounded over time which lead to success.



Spreading the word!

The opportunity to share with you and others the great things we see through the eyes of our practice help make each day special. It is exciting to see so many people from all walks of life and fascinating to witness the common threads of our existence.

DermacenterMD is humbled to be helping pave the way for a better tomorrow. Whether it is skin problems or educating the people we see, we are honored to be a part of your success.

This is why we have continued to expand our commitment toward education. We have enhanced our web site to contain educational material and skin facts. In addition, previous newsletters are posted online. We want everyone to have access to educational materials as sometimes a small bit of knowledge can make a big difference, even save a life. We have had more than one person come in with a skin lesion which they felt was suspicious when compared to the skin cancer educational guide we give free at visits. We have had growths brought in which even turned out to be melanoma, reminding us together we can make a difference.

Did you know these Crazy Skin facts?

The number one cancer in the US is skin cancer- basal cell or squamous cell cancer. The number one cancer for age 18 to 29 is melanoma. Dry skin affects most people at some point in their life.