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Thank you for
Voting us FAVORITE
Specialist in Elkhart County!
2013 Elkhart Truth



www.DermacenterMD.com

The Skin Cancer Specialist

How Did Elkhart Fire Department Help Dr. Moore?

Find out inside

Also learn:

- How to beat dry skin
- What seeds you should always plant
- The bitter truth about sugar
- What giving can do
- And more....

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*We are here to help with skin cancer,
rashes, acne, psoriasis, warts and more.*



No referral needed.

Dr. Moore's

Skin Wise



Enhancing
lives from
the skin in

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

The Fire That Wasn't

Hello My Friend,

The wonderful people who serve our community are there for us when we need them. Unfortunately we learned this first hand in an unusual, yet important way.

My wife called while I was volunteering at a school activity to let me know the fire alarm was going off at the office building. The fire department had been dispatched. We did not know what was going on. As the only parent chaperone I could not leave my school function. So I waited in earnest for an update.

In what seemed an eternity my phone rang again and my wife said the good news was the office was not on fire. Yippee! I thought. Then she said there was some bad news. The fireman could see our building was flooding on the inside and they wanted permission to enter the building. She gave them permission to break into the building where they trounced through the drowning hallways and shut the water off. Our hot water heater had ruptured and pumped water out for hours until drenched electric wires in the basement set off the fire alarm.

After the shock and dismay we had to step back and appreciate the fact we did not have a fire and no one was hurt. We also enhanced our appreciation for the fireman, policemen and others who serve our community. It is through them we are fortunate to have many of the safeties we do in this wonderful country.

This event has helped me thank the people who make our world better more often. Our community service men and women are not given enough gratitude for a dedication to better our lives. Give a pat on the back to those who help make your world a better place. We never know how and when we will need their help.

Roger
Roger Moore, MD



**We are honored to be voted
FAVORITE SPECIALIST for 2013!**

Vol. X

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

HELPING TO
HEAVEN



A man died and went to a Judgment quarter where he was told, "Before you meet with God, I should tell you — we've looked over your life, and to be honest, you really didn't do anything particularly good or bad. We're not really sure what to do with you. Can you tell us anything you did that can help us make a decision?"

The newly arrived soul thought for a moment and replied, "Yeah, I was driving along once and came upon an old man who was being harassed by a group of thugs. So I pulled over, got out a bat, and went up to the leader of the thugs. He was a big, muscular guy with a ring pierced through his lip. Well, I ripped the ring right out of his lip, and told him, he and his gang had better stop bothering this gentle old man or they would have to deal with me!"

"Wow that's impressive. When did this happen?"

"About three minutes ago," came the reply.

"Be the change you want to see in the world." Ghandi

Can Brown Spots Be Treated?

Yes. Age spots or sun spots called lentigos are created when our pigment cells produce extra pigment called melanin. These are the body's response to sun exposure over time. Wearing sunscreen and hats can help prevent them. But we must make sure we know what spots we are evaluating. The photo to the right is an age spot or **lentigo** and can be treated with laser easily.



When the brown spots are raised or have a rough or scaling texture they are more likely a growth of the skin which can be one of several concerns. The growth to the right is a precancer termed **actinic keratosis** which should be treated to prevent it from turning to cancer.



The next growth is a brown waxy plaque that appears stuck on the skin. This is a benign **seborrheic keratosis**, which is quite common. It is harmless. Treatment can be done, but is elective.



The insurance companies often dictate the treatment options for those lesions noted above.

The most important dark spot can mimic the top three at times. This skin growth is the reason we recommend routine visits. This is a skin cancer termed **melanoma**. If you have a dark or a changing mole get in. A visit to our office as in this photo can save your life.



Why Do We Get Dry Skin?

Have you ever had dry, flaky or itching skin?

Our skin is the largest organ of the body. The three basic components are the outermost layer termed the epidermis, the middle layer, the dermis and the inner layer termed the adipose or fatty layer. All three layers help provide protection, immune response, temperature regulation for our body.

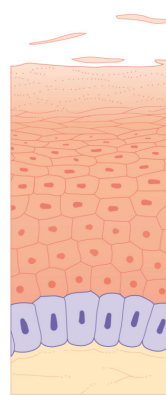
The outer layer, the epidermis, helps us fight dry skin. It is made up of cells packed on top of each other like bricks on the side of a house. As the cells work to the top they shrink until they are mostly a protein and cholesterol layer called the stratum corneum.

The stratum corneum dries out with lower humidity, soap usage (as it strips away the outermost cells), and hot water. In addition some of the medications we take that lower cholesterol inside the body also reduce it in the skin reducing the moisture layer. These factors cause dry, red skin.

What can we do?

1. **Reduce soap contact** - ideally apply to under arms, private areas and hands only, the "dirty areas"
2. **Use luke warm water**, not extremes of hot or cold
3. **Avoid friction** with lufa sponges or wash cloths
4. **Apply heavy creams** after washing, creams are better than lotions at trapping moisture on the skin

If these tips do not remedy your dry skin give us a call, you might benefit from further evaluation.



The Bitter Truth About Sugar

The average American eats almost 4 times the daily recommended sugar according to the American Heart Association. When it is calculated the amount consumed is about 3.2 cups a week on average which is equivalent to 27 candy bars in a week. Yikes!

How is this happening. Well the first thing to understand is roughly 80% of all packaged foods have "refined sugar" which is the sugar without much nutritional value. This sugar is often high-fructose corn syrup and table sugar which get turned into liver fat and then prevent the liver from processing insulin properly. The overall process contributes to insulin resistance, type 2 diabetes, cardiovascular disease and stroke.

Unfortunately, we are biologically programmed to like sweets to some degree. For this reason we must find a way to eat properly and protect our long term health. This includes limiting "refined sugar" which is often the first or second ingredient on packaged food meaning it is one of the highest quantity items in what we are eating. If we eat more fiber we reduce the amount of refined sugar our body has room for. Food grown naturally will have more fiber and nutrients like vitamins and minerals.

Evaluate your diet with a log and see how often you eat refined sugar. Then make a plan to reduce this significantly each of the next 3 months. Most people feel much better after 3 months of healthy living. Now we have science to back up grandmother's saying of 'an apple a day keeps the doctor away.'

What I Learned From A Stemm

One of the true beauties of life is learning from those around you. Others experiences can enhance our own.

A kind gentleman shared with me after I prompted him about some of his work for the school system. It was evident he was filled with passion to do good for the students. He even continued on the school board and helped advise the governor and his counsel for some time after he was officially retired.



On questioning about the holidays he told about a process of giving at the Salvation Army during the Christmas holiday. He explained how many families need support and a program is there to help. He and his family had participated as well. He explained how the Salvation Army provided a list for items the family needed such as gloves or hats for winter. A gifting family purchases the items and delivers them to the Salvation Army who gives the gifts to the family of need. When he and his family had participated he explained how the group had done this together so the value of giving could be shared. He also provided wrapping supplies so the parents could wrap the gifts for their own more personal touch.

As I thought about his contributions to the community I could not help but think about what a powerful leader he was through his actions. He helps create blossoms of flowers in others lives and it seems only fitting his last name is Stemm. It was nice to learn of something we have now participated in and shared with our children, thank you Paul Stemm.

Seeds To Use All Year?

What are seeds really for? Sometimes it is worth looking into.

The little seed, even when small can carry with it the power to grow as tall as the tallest oak tree, if it is an oak seed. Or it may grow as large as the largest pumpkin, if it is a pumpkin seed. The smallest seeds can grow big things. It is the path through which the final result flows.

Seed growth is an art. The ground must be prepared, the seed must be inserted just right and then the weather must cooperate. And even after the seed has become the mature plant events like a strong wind or hail storm can diminish the harvest. However when things do go right the seed can provide a yield we can be proud of.

Interestingly we sometimes forget the potential of human relation seeds. Doing a small thing like saying thank you, writing a note to someone who made a positive impact in your life, helping a neighbor, or doing something kind for a loved one are life seeds. Even letting someone go ahead in line at the store can start a chain of kindness.

Simple small acts of kindness can diminish stress, improve attitude and outlook. It is these type of actions which set an example for those around us who are in our life. They help create our own environment.

Remember to beautify the garden in which we live, we hold the power to plant the seeds.



What are we thankful for?

DermacenterMD is fortunate to have been **honored** by the **Elkhart Chamber of Commerce as the business of the month**. This award coupled with being voted **Favorite Specialist through the Elkhart Truth** are honors we are proud and humbled to receive.

The opportunity to serve wonderful clients like you create our dermatology family. We believe it is our joint relationship which helps each of us find success. In our mission to serve, protect, and enhance the lives of those we care for, we understand you are the most important aspect. It is through you and many other fantastic people of Michiana that we are able to fulfill our passion and mission, one person at a time.

We want to thank you for allowing us to care for you as well as your friends and family. We get many referrals from those we have cared for and we truly appreciate the trust you have in us. The highest compliment we receive is the referral of a friend or loved one as we understand the importance placed.

Thank you for being part of our dermatology family. Together we will make a difference in the lives we touch.

"If you help others, you will be helped.
Nature pays her debts.
It is a mathematical law,
and all of life is mathematics."
-Gurdjieff