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[www.DermacenterMD.com](http://www.DermacenterMD.com)

## The Skin Cancer Specialist

Hello My Friend,

I invite you to take a few minutes and read through our educational newsletter.

Designed by me for you.

Thank you in advance. And I am honored to care for you and our community.

*Roger*  
Roger Moore, MD

**Call today (574)522-0265**

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

No referral needed.



When you are looking for skin help,  
we are just a crawl away.

**Come on in!**

Dr. Moore's

# Skin Wise



Enhancing  
lives from  
the skin in

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

### Snow, school, and neighbors

Hello My Friend,

I hope the winter is finding you in great spirits. As we embark on this time of year it seems a long time before the birds of spring sing their song and the beauty of spring shines. Winter also brings some positive things.



One instance for me is when my son had to document a good deed during the winter for a school project. He elected to go over to a home of our neighbors and shovel his snow off the drive and sidewalk after a particularly rough snow. I went along thinking of helping him out and being the parent to teach how to do a good deed. He worked at a very steady and strong pace. Not once did he complain of the cold or the job he had to do. And when the work was all done we were invited in. It was during the time after I got the most incredible delight. You see my grandparents are both gone and I need to be reminded a bit of how important grandchildren really are. Our grandfatherly neighbor brought out the picture book of his own children and grandchildren. He beamed so proudly while talking of his family. The life line that is a direct descendant of him has created a legacy of sorts. It was so incredible to share with my own son how important children are in the eyes of an adult. The children and grandchildren are the future of our world and sometimes being reminded of this helps them live up to the best we know they can be. Share your positive thoughts with those around you- it can make a difference, especially to those who hold you in high regards.

*Roger*  
Roger Moore, MD

### Important Skin Tips from Dr. Moore

As cold days come and go it is important to remember:

- Dress warm and in layers if you are going to be out in the cold
- Keep your head, hands and feet covered well. Maintaining heat here is a must
- Do exercise in moderation- make sure not to overdo it especially if cold
- Applying a heavy cream after the shower help prevent dry, chapped skin.
- If you head south during winter or spring remember to wear a sunscreen.

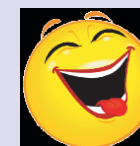
Also reapply sunscreen more than you think you should. Be safe!

Vol. II

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 OUT  
THE LESS  
FORTUNATE



A scruffy-looking man knocked at the door of a mansion. It was owned by a millionaire whose wife was widely known for her kindness and generosity to people down on their luck.

The visitor was shown into the parlor, and the wife came in moments later to speak with him.

"Ma'am, I wanted to tell you about a family I know," he said in a quavering voice. "They're both out of work, they have three children, they've exhausted all their savings, and they're behind on their rent. They're about to be evicted from their apartment unless they can come up with \$500 for their rent."

"That's terrible!" said the woman, and she immediately wrote out a check. Then she asked, "May I ask who you are, sir?"

"Certainly, ma'am. I'm their landlord."

"To be trusted is an even greater compliment than to be loved."

- George MacDonald



Rosacea and coffee, is it you?

Rosacea is a confusing topic for most. It is typically a problem of the face in adults where they can see bumps or redness and often both. The redness can be worse at certain times and seems to be aggravated by one or several factors. The typical aggravating factors for rosacea are hot liquids, spicy foods, emotional upset, sunlight, and alcohol. If you have redness that worsens after these items you might very well have rosacea. It is also often associated with red bumps, pus bumps and dilated blood vessels on the face.

Treatment can be topical creams, oral antibiotics and avoiding aggravating factors. If you have rosacea or suspect rosacea try reducing hot liquids. It is not the caffeine of coffee, but rather the heat that is thought to cause redness than can occur later in the day. Iced coffee or other non heated drinks can make a big difference in some people.

If you suspect rosacea, you should see Dr. Moore, as there is often treatment to make you look and feel better.

What is a Physician Assistant?

“PAs work in concert with physicians, complementing the physician’s ability to deliver a comprehensive range of medical and surgical services to diverse patient populations. PAs’ rigorous education, versatility and commitment to individualized treatment help physicians function more efficiently and enhance continuity of health care.”

American Academy of Physician Assistants

Dr. Moore has worked with his physician assistant for years. This combined with her own strong work and study habits have made her become excellent dermatology provider. Our patients have easier access to high quality dermatology care and rapid follow up.

Cut Out Caffeine For a Healthier Body and Mind

Reaching for hit after hit of coffee in the morning might feel like just what the doctor ordered to get mind and body racing into overdrive, but what some see as “nature’s wonder drug” can actually play havoc with the human body. Numerous studies have shown that excess caffeine can cause, among other things.

- Rapid heartbeat or palpitations
- Restlessness
- Insomnia and sleep disorders
- Headaches
- Irritability
- Anxiety
- Muscle twitches
- Nausea
- Light-headedness
- Mood Swings

The body’s tolerance to caffeine develops very quickly, and subsequently limiting consumption can often result in withdrawal symptoms such as headaches, fatigue, mood swings and feelings of depression. Of course, it is not just coffee drinkers who are at risk of caffeine addiction and withdrawal, but also those who drink excessive quantities of tea, caffeinated soft drinks and energy drinks, as well as those who take caffeine tablets.

Although decaffeinated coffee and tea are both readily available, many regular tea and coffee drinkers find these quite unappealing, although in some cases this may be because the similar taste leads them to expect effects similar to those of the caffeinated versions. A better idea may be to replace tea and coffee with herbal teas, most of which are caffeine-free.

Our Physican Assistant Mariah Lefforge

Mariah has been an important part or our team at DermacenterMD since 2007. She has had very intensive dermatology training from Dr. Moore in addition to education from regional and national courses. Dr. Moore believes she is truly an outstanding provider for our clients.

Mariah grew up in Bluffton, Indiana where she graduated as valedictorian of her high school class. She was awarded a full-tuition Presidential Scholarship to the University of Indianapolis where she majored in chemistry with biochemistry and pre-med concentrations. While at the University of Indianapolis, she volunteered at St. Francis Hospital, and worked as a chemistry tutor and lab assistant as well as a home health care CNA. She graduated Summa Cum Laude and was in the top 10% of her graduating class. After graduation, she attended the University of St. Francis where she earned a Master’s of Science degree in Physician Assistant Studies and served as Vice President of her class. She is a member of the American Academy of Physician Assistants (AAPA), the Indiana Academy of Physician Assistants (IAPA) and the Society of Dermatology Physician Assistants (SDPA).

For the highly trained care of a skin specialist call (574)522-0265.



Dr. Moore’s Tidbit – metal and me

Dr. Moore found dermatology to be a perfect fit for his personality. He likes people, challenging intellectual problems and working with his hands.



While he grew up on a farm he learned responsibility and hard work. Many of the things he learned on the farm have helped him today. One aspect even led to a hobby he had while growing up. He found building metal fences for cattle pens challenging yet enjoyable. “I learned to appreciate the precision and detail the professional welders display in their work,” he says. The skills he learned to weld and use a cutting torch were later used to create metal signs as part of a metal working hobby he enjoyed. He says he was amateur at best, but sure enjoyed the opportunity to be creative and work with fine edges and details.

Though time has limited his ability to maintain this hobby he says it refinded important skills he uses today. He believes working with his hands as a youth helped him develop hand eye coordination which are helpful in providing expert surgical precision for his skin cancer clients. He enjoys the challenge of making each client look their very best after surgery and has a goal of leaving behind the smallest scars possible and with hopes the scars cannot even be seen after a few months. His prior tasks also come in useful for small, fine biopsies, cosmetic injections and laser procedures. The overall work of being a dermatologist is simply quite enjoyable for Dr. Moore on a daily basis.

Why have meetings at home?

Regular meetings encourage better communication, can boost moral and enhance bonding for better teamwork. The busy schedule gets each of us into our own routine and we often forgo the time to meet together. In fact the family meetings in the busy world of today is often a great place to start. You can compare schedules, share ideas and problems and more.

Here are some guidelines to follow:

- **Choose the right time and place.** Work together to decide on a time that works for all of you, and gather in a spot where you can relax and be free of distractions—especially television.
- **Set an agenda.** Keep meetings manageable by following a regular plan.
- **Keep them brief.** This keeps everyone’s attention at a high level.
- **Let everyone speak.** Listen attentively and respectfully to what everyone has to say. This can build a child’s confidence or improve the bond in older family members.
- **Seek consensus.** When everyone has a part in the decision the group dynamics can be much more positive.

Be on the look out for skin cancer!

1 in 3 people are estimated to have skin cancer in their lifetime. Check your skin monthly. Dr. Moore as a skin cancer guru often treats it simply and easily, especially if caught early. No referrals necessary.



Basal Cell Cancer

Teaching Your Kids the Value of Money

Schools may well teach your children how to add and subtract, but learning the value of money is one lesson that has to come from home. Unless you teach them otherwise, they will continue to think that money grows on trees and that banks just give away cash – until they have to make their own way in the world. While financially indulging your children might feel like kindness at the time, you could be doing them a grave disservice by not teaching them valuable lessons for life. Here are a few ideas on how to teach youngsters the value of money.

1. Children are not born understanding how paid employment and banks work. Explain these things to them simply as soon as they are old enough to understand.
2. Help your children to distinguish between needs and wants.
3. Teach your children the principles of spending and saving money as well as those of making money grow.
4. As soon as they are old enough, give them an allowance of their own to permit them to put principles into practice and learn from their own mistakes.
5. Open an interest-bearing account for your children so that they can watch their money grow.
6. Put aside an allowance for essentials such as clothes to help teach your children how to budget and save for more expensive items.
7. Explain how credit cards and loans work; otherwise your children could grow up thinking that these are “free” money.

Teaching a child to work can help today, Teaching a child the joy of work can help a lifetime.  
-Temple Rogers