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

## The Skin Guru

### What did Dr. Moore learn in the snow?

Find out inside

Also you will learn:

- Why a skin exam is important
- What a stem can teach
- Tips on getting along with others
- And more....

Remember to get your skin check as 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

### What Winter Brings

**Hello My Friend,**

The winter often brings with it a big sigh. Many of us find ourselves longing for the beauty of fall and the splendor of spring. It is at this time many complain about the cold and snow.

For centuries before our existence this cycle of seasons has occurred. The pattern always the same. And no matter the wishing and longing we cannot eliminate the winter. For if we skipped it would we else would change?

The hardship of winter brings with it the chance for flowers and trees to rest. The snow brings much needed moisture. The ground gets an opportunity to recoup and become ready to be farmed again.

It is the changes of the seasons a wise philosopher said that is much like life. There are recessions, challenges in relationships or personal battles each of us must overcome. It is not a matter of whether these "winters" of life will come, but more when will they come. Like the nature around us must prepare for the winters of life, we must prepare for the hard times. The small sacrifices we make to prepare for hardships can help us weather the cold. In addition we must remind ourselves during tough times, they will pass and spring will come again. And yes the spring does come again.

As we navigate through the challenges of life may we remember the brightness of tomorrow is just around the corner. And may we learn from the problems of the day so we are better able to handle the challenges of tomorrow! May you find the strength to move forward regardless of season and know the warmth of tomorrow could be only a nightfall away.

*Roger*  
Roger Moore, MD

"Remember it is up to you to find the key which unlocks the door to your happiness."

-Anonymous

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 CAPTAIN SPEAKS



A large battleship while out on voyage noted a small light in the distance one evening. The captain ordered his first mate to hail the opposing vessel and instruct him to turn 25 degrees to the west.

The instructions were followed to a T. However the response back was, "No, you turn 25 degrees to the east."

The captain was angry as he was the commander of a grand warship and no vessel should speak to him in this way. He again instructed the first mate to repeat what he said more sternly, which was done. The response back was the same, "No, you need to turn 25 degrees to the east."

The captain was insensed and took the microphone from his first mate's hands as the light grew ever closer. He said, "Do you not know to whom you are speaking, I am the captain of the battleship for the United States Navy and I order you to move 25 degrees to the west."

The reply came back, "Thank you sir, but you might consider moving east, I am lowly Jim the keeper of the light house."

## Winter Driving Safety Tips

Cold weather driving can be extremely dangerous. It can take up to 5 times the normal distance to stop. This is not only important to know about our own car, but also those around us.

If you drive in harsh weather conditions assume the roads are worse than you think. Bad weather driving techniques are:

- **Reduce speed** and leave extra room before you need to stop.
- **Brake gently** to avoid skidding. If wheels lock up ease off the brake.
- Turn on your lights so others see you more easily.
- **Don't use cruise control** or overdrive on icy roads.
- **Be extremely cautious along bridges or overpasses** as the road may freeze here before it is below freezing.

You may find more useful tips at [www.weather.com](http://www.weather.com)

## What lotion do I need?

Many people inquire about what lotion to use, which is a great question.

The outer layer of our skin is meant to be a barrier for our body. It can dry out more with several factors that reduce the water content in the skin. This includes harsh soaps, frequent scrubbing, low humidity, certain medications and even getting older.

For healthy skin avoid irritation from harsh soaps, hot water or scrubbing. The best product to trap moisture in the skin is a heavy cream. The creams are better than lotions as they seal and trap moisture on the skin. So the answer is not in a which lotion, but it is in a cream. Choose a cream after bathing and you have chosen wisely.

## Why get your skin checked?

A very pleasant 74 year old man came in for a rough spot on his face and a red spot on the chest. He agreed to a full skin exam. The growth on the face was found to be a benign harmless growth, however a bump on the chest was noted. He said he had noted a bit of redness there for a few months but had not felt it serious as it did not bleed or cause any pain or discomfort. On exam it was noted to be a pink raised area that did not quite feel like the normal skin around it. It was more firm and had some raised edges to it. When the area of skin was pinched gently between the fingers it was clearly more thick than the surrounding normal skin.

The spot was biopsied and found to be basal cell carcinoma. This type of skin cancer is not life threatening but can grow under the skin. If left alone they can become a sore that bleeds. The basal cell cancer is the most common of all cancers.

Though it is not life threatening it is best to have it removed. Due to the size this lesion it was treated with Mohs

Micrographic Surgery. This is a technique whereby Dr. Moore can remove the cancer and look to see if all of the cancer is removed while you wait.

It is a highly refined process which yields the highest cure rate available, often leads to less scarring and is considered by many as the gold standard for treating basal cell or squamous cell cancer. (ask for our Mohs guide).



## Quick Exercises Tips To Get Healthy

No matter what the time of year most of us find it a challenge to get the exercise in to be as healthy as we want to be. The extra weight we carry can be hard to get rid of. Small steps added up over time are often the key ingredient to finding success. Take a few of these tips, apply them, be consistent and you will get results.

1. **Take a walk** around the neighborhood on a consistent basis. Ask friend or family member to join you. If the weather is not the best consider a mall or large store.
2. **Park your car** in the farthest parking space you can find. Making a habit of this can add up to significant walking distances.
3. **Try new methods of exercise.** Swimming, using fitness equipment or taking exercise classes at the local fitness club can become a great social activity and enhance your health.
4. **Focus on short exercise periods.** If you are most comfortable with only a few minutes of exercise, then start with that. You may find with time you develop the energy to go longer.
5. **Give yourself a reward.** Set goals which when you attain them you earn a reward. This can often keep you on track and become more successful.



## What I learned from a Stemm

One of the true beauties of the work I do is learning from some of the finest people a person could wish to meet. In fact, that would have to be one of the truly unexpected gifts about working in the health care field.



Though it happens frequently one instance I learned from was when a gentleman was telling me about his work in the school system. It was evident he had been filled with passion for the work he was doing and committed to the good for the students. He even continued on the school board and advised the governor for some time before retiring recently.

During Mohs Micrographic surgery I enjoy a bit more time to talk. It was he told about a family tradition. Through the Salvation Army his family would give gifts to a family in need. They purchase gifts which the children and parents have requested for the holidays. He explained how the family often provided a list, usually items of need such as gloves or hats for winter. His family works together to get the items so each person plays a role in the process. Rather than wrap the gifts for the children his family provides gift wrapping paper and the tools to wrap so the parents get the opportunity to wrap the items for the kids.

As I thought about his contributions to the world around him I could not help but see the parlays from his name to the contributions he gives. He is creating a flower in others lives and it seems only fitting his last name is Stemm. I appreciate the example he is - Thank you Paul Stemm.

## Avoiding confrontation

It is a fact that much of the stress people have today comes from challenges in dealing with others. Tips to manage situations with others are not easy to come by as most of us have to figure it on our own. Many of the most successful people master the art of working well with others.



Some simple tips to working with others is to learn some general rules:

1. **When you see an argument, avoid it** (because no body wins). Many people fight to the end to prove their point, not realizing what this is doing to the other person. The one who feels bested in an argument will often harbor hurt feelings or mistrust. Future relations will be hampered through the battle so it is best to avoid it.
2. **Admit it when you make a mistake.** The urge to hope no one finds out about a mistake runs through us all. Often though we garner more respect and appreciation for those who admit to mistakes. Admit when you are wrong and you will display your honesty and integrity, thus gaining trust.
3. **Never say, "your wrong!"** This can be disrespectful. Seek first to understand rather than judge and you can win great favor from those who learn your ways.

The rule of treating others as you would can lead to success in relations.



## Where is Dr. Moore's expert advice.

Dr. Moore was the *first doctor asked to lecture* at the newly merged *Elkhart General Hospital and Memorial Health Systems*.

He was the first speaker for the inaugural joint lecture series for Beacon Health System. The lecture was given to doctors, nurse practitioners, nurses and other hospital employees. It was titled "The New American Epidemic; Skin Cancer."

*Senior Life* recently published *Dr. Moore's* article to educate its readers.

*His skin tips* were also in *Michinia Family Magazine* as well recently.

Dr. Moore's passion for education and community awareness has been well received. Skin cancer is an area of expertise for Dr. Moore. He is an expert in the Mohs Micrographic Surgery technique for removal which provide patients the highest cure rate and minimizes the amount of tissue removed.

He provides a complimentary "Skin Cancer Educational Guide" he personally designed for his patients. Be sure to get your copy at your next visit.

"Tact is the knack of making a point without making an enemy."

-Isaac Newton