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The Skin Guru

Road work and skin?

Find out inside

Also you will learn:

- What mushrooms and people have in common
- Why sunscreen daily is a must
- What the fair is really all about
- Calories, family trees, and more...

Remember to get your skin check as it could be the most valuable thing you do this year.

Call (574)522-0265
No referral necessary



What the heck!

Dr. Moore driving a steamroller?

Find out what this is about inside

Dr. Moore's

Skin Wise



Enhancing lives from the skin in

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

Steam Rollers and Challenges

Hello My Friend,

Have you ever felt like you were run over by a steam roller? Well if you are like most of us, this feeling will grab us now and then. It seems when life is going just fine something jumps up out of nowhere and throws a monkey wrench in what we have going. We actually had a real life steam roller vibrating and shaking our entire building as it worked on a new road in front of our office.

We suddenly had traffic problems, scheduling issues, complaints, stress, and more. And do you know what? It was all in the name of progress. They widened our road and told us if we could withstand the inconvenience it would be all better soon. This process sure taught us a few lessons.

You see, after taking a step back and looking at matters from a bigger perspective it was clear progress was made. The situation was similar to many instances in life. The changes we face often come our way whether we ask for it or not. And if we resist the change rather than adapt to it we run the risk of getting bowled over. When we decided in our office to face our road work challenge in a positive way we realized the road was actually paving a brighter future.

Challenges can sure beat us down sometimes but they can often help us grow stronger. The next time you experience bumps in the road of life see if you can hop on that steam roller of a problem, take charge of the issue at hand and make the best of your situation. You just might find choosing a positive outlook can make you more effective and life more enjoyable. As you travel your own road I wish you much success!

Enthusiastically,
Roger Moore

"Success is a lousy teacher. It seduces smart people into thinking they can't lose."

— Bill Gates
Microsoft Cofounder



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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

WHO'S DRIVING YOUR CAR?



The light turned yellow and he did the right thing as he stopped at the crosswalk even though he could have zoomed through the almost red light.

The tailgating woman was furious. She honked her horn, screamed at him and made hand gestures. She was upset she missed her chance to dart through the light.

As she was still in mid-rant she heard a tap on her window and looked up in to the face of a very serious police officer. The officer ordered her to exit the car with her hands up.

He took her to the police station where she was searched, fingerprinted, photographed and placed in a holding cell.

After a couple of hours, a policeman approached the cell and opened the door. She was escorted back to the booking desk where the arresting officer had her personal effects.

He said, "I'm sorry for the mistake ma'am. You see, I pulled up behind your car while you were blowing your horn, flipping the guy off in front of you and cussing like a sailor. I noticed the 'Follow Me to Sunday School' bumper sticker and the service organization emblem on the license plate and well, naturally I assumed this car had to be stolen."

(you just never know who's watching)

Researching Your Family Tree



Many people become curious about their family history. For some, it is a hobby of interest while for others it can be learned about genetic conditions or illnesses.

Before the Internet, trying to trace family roots could often be a lengthy and expensive exercise, but nowadays there are numerous, excellent online resources that make the task both easier and cheaper. Here are just some of the records that you might want to investigate, many have online databases as well:

- Census records
- Land title records
- Church records
- Military service records
- Cemetery records
- Registers of births, deaths and marriages
- Newspaper obituaries
- Passenger and immigration records
- Emigration records
- Will and probate records

Many towns, states and countries are running their own projects that have already done much of the work in tracing local ancestry, and of course there are also numerous clubs and societies that can help amateur genealogists to start on their family trees.

What if you suspect skin cancer?

Do not panic. If you do have skin cancer it is quite common and is most often very treatable. Make an appointment with Dr. Moore to evaluate your lesion and determine if a sample biopsy is needed. If the growth is benign, no further treatment may be needed. If you do need further treatment Dr. Moore will care for you as he would his own family and he is also a highly trained dermatology professional.

Why should you wear sunscreen?

So many people say they do not need sunscreen for a variety of reasons. But some sun facts are good to know and might help us be more skin wise.

Over 3 million cases of basal cell cancer and squamous cell cancer are diagnosed each year, just like the woman in the photo. She was 57, loved the sun and noted a small bump that was present for a month or so. A biopsy showed basal cell cancer which is typically treated by Dr. Moore with Mohs Micrographic surgery, one of his areas of expertise.



The sun is thought to be a leading cause of basal cell cancer. It also causes aging signs like wrinkles, brown spots, and rough texture. On a good note it does help our body create vitamin D. However it is felt by most researchers only a small amount of sun is necessary for Vitamin D. The American Academy of Dermatology recommends people augment their low D levels by oral tablets rather than trying to get more sun.

It is thought about 85% of our lifetime sun exposure is from incidental exposure. This means over the years of walking to the car in the parking lot, talking briefly outside, filling up with gas make up more sun than the days at the beach or cook outs. And when do we normally wear sun screen? Typically on the big exposure days. But in reality we should use sunscreen most days. If you can find a sunscreen or daily moisturizer with one of these four sunscreen ingredients, **Titanium dioxide, Zinc oxide, Parsol 1789, or Meroxyl**, you protect the skin best. **Be Skin Wise!**

Just How Many Calories Does Your Body Need?

The human body requires an optimum number of calories to operate at peak performance levels. If the human body receives too many calories, there is the risk of health problems. If the body receives too few calories, the body's metabolic rate slows down and in its attempt to conserve energy, and the body begins to store fat in anticipation of not being properly fed.

Researchers believe many who drastically cut their calorie intake as part of a weight-loss diet but fail to take part in calorie-burning exercise eventually reach a plateau and stop losing the pounds. In addition, those who do so risk suffering from low blood pressure, anemia, heart rhythm abnormalities, dizziness and depression, among other things.

Many factors play a role in determining how many calories your body needs. Age, height, natural metabolic rate and normal activity levels are all relevant. Beware of guides that indicate the ideal number of calories without taking all of these factors into consideration, and only use reliable online or offline sources of information. Talking with your primary care physician can help facilitate a longer term success plan for managing calories and weight. Consider before restricting your diet committing to eat more fruits and vegetables on a daily basis. One apple a day is sometimes a commitment which is easier to maintain than a crash diet. Creating the habit of healthy living can start with small steps.



What my patients taught me about the county fair?



Have you ever really thought about what makes a fair? The rides, games, exhibits, concerts, animals and 4-H activities are incredible and offer quite a delight.

Well this year a few people showed me it was even more than this. One gentleman told of how his family was the 4-H family of the year not long ago. He and his wife pitched in for over 40 years at the fair in many ways. In addition we met many who truly give of themselves to make the fair go. One man talked about making daily trips to maintain the food for his organization's concessions. Another told of overseeing more than a 100 volunteers. A consistent remark about the work involved by each person was they loved giving back. So proud one friend was who explained the money earned was given back to help others that he emphasized, "Every penny is given back."

One wonderful 89 year old woman said her granddaughter started a cake business in Goshen in part because 4-H brought out her baking passion at a young age. Another mother beamed as she described her child's photography effort for the fair.

The fantastic nature of people shines so bright through the fair. What a positive impact each person can make. Even a small hand in helping others makes tomorrow brighter for all of us. Whether in the fair or somewhere else the small or big efforts you make to help others makes this area a special place to live. Thank you from myself and our team for your part in making the world brighter around you.

What do people have in common with mushrooms?

While there is a lot of truth in the saying "knowledge is power," many people choose to interpret this adage to mean that if they share their knowledge, their power is lost. Some believe if they keep information to themselves, they will be better able to control others. This is sometimes described as mushroom management, which describes where someone believes they should keep others in the dark and feed them fertilizer (manure).



Unfortunately whether this is in family, work or social situations not dealing honestly and openly with others engenders mistrust, which in turn impacts morale, willingness to cooperate and, ultimately, relationships.

Research has shown time and time again that one of the things that people value most is being able to appreciate where and how their roles fit into the bigger picture. Yet, all too often, people feel inclined to keep vital information to themselves. Not only is this hugely frustrating and demotivating to those less informed it can send the wrong perceptions.

It is vital to understand communication can be one of the most valuable tools in human relations. Regardless of the situation a strong line of communication should be considered a priority. The foundation of many relationships can be found in open communication.

What's in the news?....



Senior Life Newspaper included Dr. Moore for...

Senior Life Newspaper invited Dr. Moore to share his *skin cancer expertise* and write about dangers of the sun and provide sun protection advice. Getting the word out about good health is a cornerstone of Dr. Moore's practice. He says, "Education is one of our key principles as it empowers our patients."

Part of his philosophy includes providing his **skin cancer educational guide** as a **free bonus** at his patient's visits. This guide designed by him includes photos and details the warning signs of skin cancer. Feel free to stop by and pick one up. It is also given at annual skin cancer screening examinations. Be sure to get your exam and guide!

Did Dr. Moore get dunked at the fair?

He was at the fair!

But luckily for him he was not part of the dunk tank. He was giving free skin cancer screening examinations again this year. Dr. Moore was the only area dermatologist donating his services for the mission of saving lives through free skin cancer examinations. As a fellow member of the American Academy of Dermatology he is part of a national awareness campaign he leads locally. The highest trained skin and skin cancer experts are dermatologists.

