



Dr. Roger Moore
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www.DermacenterMD.com

from The Skin Cancer Specialist



Dr. Moore says get a **skin examination** each year.

Estimates indicate **1 in 3 Americans** will have **SKIN CANCER** in their lifetime

A skin cancer check could save a life, Most importantly it could be your own

Call (574)522-0265
to schedule today

Fighting Winter Dry Skin

Winter is the time of year many of us experience dry skin. This is often related to low humidity. Some helpful winter skin tips for healthy skin are:

- * In the shower apply soap to the “dirty” areas only. Often the hands, under arms and private parts.
- * Be gentle on the skin in the shower by avoiding scrubbing with sponges or washcloths
- * Keep the heat moderate in the shower
- * Pat dry when you get out so you leave some moisture on the skin
- * Apply a heavy cream out of the shower as a cream helps hold in moisture

Note that lotions do not help as creams since they do not trap in as much moisture as creams

If you are having trouble with your skin, come on in.



Dr. Moore's Skin Wise



Enhancing
lives from
the skin in

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

Beginning a new year- together

Hello My Friend,

It is a pleasure to be sharing with you our inaugural newsletter. This is something I have had a dream to start for several years. The newsletter helps create a method of education and communication we can share together.



In addition to providing skin care we would like to share some of the important updates in the world of health and personal living. My vision is to create a practice which enhances the lives of those we care for in a positive and meaningful way. To be successful we must ensure you and every friend or family member you refer to us has quality skin care and is also better equipped to live a more fulfilling life. One simple thing we will do this year is strive to give every patient my personally designed skin cancer guide. This guide shows pictures of typical skin cancers and walks you through what to look for in your own skin. The guide empowers people like you through education. Due to the sheer size of our mailing list we are starting with the written newsletter being sent to our skin cancer clients and plan on sending an email newsletter in the future. I am honored to have you as a member of this group and I appreciate any feedback you might have.

Roger
Roger Moore, MD

Preparing for time ahead- from Dr. Moore

Making it through the week can be hard enough without tackling what feels like a mountain of chores. If routine jobs and activities like shopping, cleaning, working around the house or office aren't organized and planned, they can take too much of our time. The duties of the day can get in the way of productivity. A bit of advice I received once was when a man explained to me that to build a house you do it only after it was built. He went on to explain you had to have clear and precise blue prints, a budget and many other things before you started building. For this reason he said plan your day the night before, then when you get this down plan the week ahead, and then the month and before long you are planning your life.

Winter Vol. I

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 TRUTH IS OUT THERE...



A single engine plane had engine trouble in Nevada, very close to the Air Force's high-security installation known as Area 51. Military police converged on the air craft when it landed, pulled out the pilot from the cockpit and spent hours interrogating him.

They kept him all night. Finally realizing that the pilot was telling the truth about his engine trouble, with stern warning they allowed him to take off and fly away.

The next day though the same airplane came in for a landing on the same spot outside the airbase. Again the military police surrounded the aircraft. Before any of them could speak the pilot jumped from the cockpit with arms raised. The sergeant in charge saw a second person in the cockpit.

“What are you doing here?” demanded the sergeant.

“Do anything you want to me pleaded the pilot, just tell my wife where I was last night!”

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 and practices function more efficiently and enhance continuity of health care.”

American Academy of Physician Assistants

Physician Assistants are considered Mid Level Providers—a category that consists of Physician Assistants and Nurse Practitioners. Physician Assistants work in all medical specialties and practice medicine under the supervision of a licensed physician. PAs perform duties delegated by their supervising physician according to the knowledge and training of the PA and are meant to reflect the practice style of their supervising physician.

Physician Assistants are able to perform physical exams, order and interpret laboratory and other diagnostic tests, and make diagnoses and treat illnesses. They are also advocates for patient education.

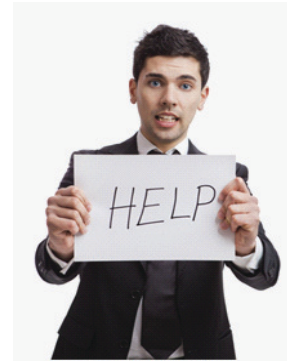
Dr. Moore’s Physician Assistant, Mariah Lefforge PA-C, has also undergone extensive dermatology training both from Dr. Moore and through national and regional courses and seminars. Mariah has been with Dr. Moore for several years. She provides excellence in care and helps get you in sooner for your visits.

Learn more about Mariah in the next issue of Skin Wise. She will be our featured staff member.

We also encourage you to call for an appointment sooner if needed.

There’s No Shame in Asking for Help!

Most of us are taught from a very early age that we need to grow up to be independent, and this isn’t bad advice . . . within limits. We can’t rely on others to support us forever, and besides, it is only by learning to find our own way around this wide world that we grow and develop as people. Being independent, though, doesn’t mean that we can’t reach out to others when we need them – which, of course, we all do at times.



For various reasons, some people find it hard and even shameful to ask for help, whether it be of the emotional or the practical kind. What many don’t realize, however, is that by not reaching out, they actually deprive the people who care about them of the opportunity to support them in whatever ways are possible. Rather than feeling relieved at having escaped the hassle of helping out a loved one, in many cases people are left feeling not only hurt or impotent, but also reluctant to seek the support that they might need in return.

People often fail to ask for help for the most unselfish reasons, but if you look at it in a different way, not asking can sometimes be a selfish act in itself. For your own sake and the sake of others, reach out when you need someone to lean on.

The Wonders of Botox

Botox might be known for its effects in reducing wrinkles in the frown lines or crow’s feet, but did you know that it is also used to reduce pain and spasms in cerebral palsy, fibromyalgia and myofascial pain syndrome.



Botox is essentially a medication in the form of a protein which has been purified and modified so it produces beneficial effects. It is used in the tiniest amounts after being deactivated from the original toxin produced by the bacterium *Clostridium botulinum*. It works by blocking the nerve ending transmission and causing selective weakening and paralysis of muscles. This can significantly reduce wrinkles. The effects of Botox for cosmetic use last typically three to four months.

At DermacenterMD Dr. Moore has advanced training in Botox and also injects the newer, less expensive Botulinum toxin product—Dysport. Clients have been thrilled with both products and the patient satisfaction rating is very high. The discomfort is also amazingly minimal to our clients. When you are ready to look a bit fresher, reduce a few wrinkles or prevent some of the signs of aging ask if Botox or Dysport is for you. Many of the people who look as good as they should use Botulinum toxin. You would be surprised how many local people use it and trust Dr. Moore as their expert. Come in this month and begin the journey of taking care of yourself.

Tidbit about Dr. Moore

Dr. Moore established his dermatology practice in 2004. The area had been without a dermatologist a few years.

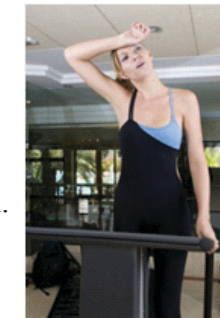


Dr. Moore and his wife came to the area with their three children after determining this would be an excellent place to raise children and plant roots. In fact, the people of the area were so friendly and nice Dr. Moore felt like it could not be better. He had a vision of creating a practice where the patients were treated like customers. Where people could receive skin care with big city quality and a small town touch. He had grown up in a small rural town in New Mexico where he said, “The people treated each other like family.” The way people looked out for each other and cared about the well being of one another was a special way to grow up. Those same type of features are what Dr. Moore he saw in the people of this area. He has since come to realize the people in this area are some of the finest people he has been around. He recalls the people who have given years of their lives to the hospitals, youth activities, 4-H, mission trips, serving underprivileged and more as the generosity of those he serves continues to impress him.

The reasons he chose to be here are centered around the high quality people he has the privilege to serve each day. He continually sees people who inspire him through simple acts of kindness and how they choose to live their lives.

The Winter Exerciser

As the winter nights draw near, there’s nothing more comforting than beating a path to your own front door at the end of a long, hard day to spend the evening snuggling by the fire in front of a favorite TV program. Wintertime is also simply the best time of year for indulging in all those glorious comfort foods.



But actually, your body doesn’t really care what time of year it is. It still needs a healthy diet and exercise to keep it in tip-top condition. Because the dark evenings and the cold aren’t exactly conducive to getting out there for a run, it is all the more important to make the most of the weekends to get some exercise or make use of your local gym.

Although it’s quite common for people to want to slip into hibernation mode in winter, the lethargy that many experience can lead to much more harmful feelings of depression by the time January and February come around. With a little bit of effort to keep yourself active during the colder months, though, you can stay in top form both physically and mentally.

1. Get a partner who can help you be accountable
2. Find a place to walk- supermarket, mall, workout facilities.
3. Join a gym- some insurance plans and employers offer discounts
4. Reward yourself periodically for success.
5. Keep a record of your exercise

Home style on a budget

As any homeowner will know, decorating and furnishing an entire house or apartment can be an extremely expensive project especially if you are aiming for a look that is both elegant and tasteful.



Creating an impression doesn’t have to mean breaking the bank.

The trick to achieving a really special look on a budget is to use mainly cheaper items, but then bring in just one or two high-quality, more expensive items as accents. An extremely cheap occasional table, for example, can be covered with a luxurious cloth or throw.

Alternatively, you could use an inexpensive tablecloth but stand an elegant lamp on top. Cheap wallpaper, on the other hand, needn’t detract from the look of a room if you hang a more expensive piece of artwork or some tasteful wall lights.

Another thing to remember if you want to achieve a look of elegance is that it is always better to stick with plain colors and use patterns as an accent in items such as cushions, throws or lamps.

Even expensive items can look cheap if there is a profusion of pattern, so be sure to get your money’s worth and let your pricier, patterned items stand out against a plain background.

“What lies behind us and what lies before us are tiny matters compared to **what lies within us.**”

-Ralph Waldo Emerson