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The Skin Cancer Specialist

What in the world do oversized meals have to do with anything?

See inside

Learn also about Dr. Moore, ways to improve your memory, skin cancer, wrinkles, tips on etiquette, President Lincoln 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 and Big Boy

Dr. Moore's

Skin Wise



Enhancing lives from the skin in

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

Little Things Matter

Hello My Friend,

Have you ever found you weigh a bit more than you wish you did? Well I sure have. A few years ago I gained more weight than I care to admit. Heck, every hamburger I could find seemed to have my name on it. When I finally started to think about why this happened an **elephant story** came to mind. You see someone asked me, "Do you know how to eat and elephant?" I thought about how huge those animals are while I pondered the answer. Well the person said, "You eat an elephant one bite at a time." That is how I got 30 plus pounds overweight, one bite at a time. It was not one big meal or bad week that was to blame. It was several years of having bad habits. I don't know what it was that finally motivated me to get back to living a more healthy life, but I do know flipping the habits from bad to good was part of it. Making small choices every day to eat a bit healthier, to exercise a bit more and show restraint more often helped get the weight off. Not that it was easy, or that sometimes I still don't give in to the temptations of sweets. But the conscious decision to be healthy and live well has sure made me feel better on the inside and out. This is one of those matters in life where the **small things** done each day **add up** to where we are now. So I ask myself and encourage you to ask yourself what little things could be done a bit better each day. It is changing the little things over a long period that make a big difference. *You deserve a great year, one day at a time!*

Roger
Roger Moore, MD

Compound Interest and Einstein

Albert Einstein is credited with saying that compound interest was the most powerful force in the universe. Whether he said this or not is debated by some, but the principle of small things done over time adding up to a larger net result is known to occur. Jeff Olsen authored the book, "The Slight Edge" where he teaches the small things done repeatedly add up over time. He recommends we focus on goals and create small positive steps each day that lead toward them. He describes a momentum that occurs which snowballs to become success.

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

PERSPECTIVE ON 'USEFUL' TALENTS



A woman hired a bricklayer to build a wall outside her upscale home.

Talking with him while he worked, she was amazed to discover he was the brother of a brilliant concert violinist whom she'd recently seen perform.

"Oh, you're so lucky to have such a talented brother," she said.

Then, fearing the man might be sensitive about his manual labor job, she added: "Of course, we can't all be equally talented."

"You said it, lady," the man responded earnestly. "Take my brother. When it comes to doing something important like building a house, he's useless."

Great things are done by a series of small things brought together.

-Vincent Van Gogh

Working With Your Natural Rhythms

We have all heard people describe themselves as either “morning people” or “night owls,” and in fact all of us have particular times of the day when we feel more energetic and alert.

Identifying your body’s own natural rhythms and the parts of the day when you are in top form is vital in order to be at your most productive, as these are the hours when your focus and concentration will be at their peak. When you know which times are your best, try not to squander them – arrange your working day so that the tasks that require the most energy and application make the most of these high points. Routine tasks that can be carried out with your eyes closed (metaphorically speaking), such as checking e-mail or filing, can then be fit in during the hours when your energy levels are low and your brain is less alert.

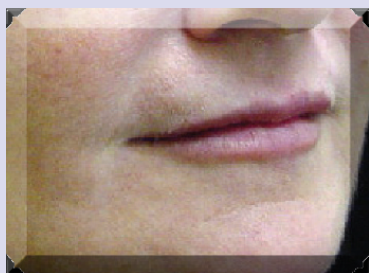
Fight Unwanted Winkles

An example of Dr. Moore’s patient. photos below and article to right

Before Filler



After Filler



Little known facts about cancer are ...

The most common cancer today is skin cancer. Where other cancers get more publicity, skin cancer is occurring at astounding rates. More than 3 million basal cell or squamous cell cancers are thought to occur each year in the United States, which can be 10 times the rate of many other cancers. Fortunately if caught early the treatment can be minor.

The three most common types of skin cancer are basal cell cancer (BCC), squamous cell cancer (SCC) and melanoma. Melanoma is the most serious but fortunately it is the least common. The BCC and SCC types occur much more frequently and are typically easier to treat. Treatment options vary depending on the size, location and other factors. Most of these skin cancers are caught early and treated in Dr. Moore’s office. In fact he is an expert in a very specialized technique for removal which provides excellent benefits to his patients. Some of the benefits are: 1) reduced scar size since less tissue is removed, 2) higher cure rate than most other therapies, 3) satisfaction of knowing the cancer is gone on treatment day, 4) lower costs when compared to hospitals and surgery center fees. This expert treatment Dr. Moore provides is **Mohs Micrographic Surgery**. Visit our web site www.DermacenterMd.com or call us to learn more about skin cancer or treatment options.

The photo to the right is a squamous cell cancer.



Why do I look old?

Have you ever looked in the mirror and wondered what happened? You just don’t look like you once did. The wrinkles are deeper, your lips are thinner and you simply feel you have lost the luster of youth. Well a lot of these changes are not just happening to you. Many of these changes happen as a natural part of the aging process.

As we get older our skin gets thinner, the fatty tissue that supports our cheeks and gives our face shape reduces the natural support we once had. This essentially leads to skin that sags a bit more. The wrinkles become more deeper and the shadows are more pronounced. Though all of these changes sound challenging to overcome, some great advances in cosmetic dermatology have occurred that can create a more youthful look in a short period of time.

Filler substances are products which can be injected and provide near immediate improvement in how vibrant and youthful you can look. These products can rapidly reduce wrinkles around the lips, reduce the shadowing at the corners of the mouth which makes people look more sad or angry, and provide fuller and youthful cheeks. You can see the product effects of fillers before you leave.

As an expert in skin, aging and cosmetic rejuvenation Dr. Moore can guide you to the right choice for improving your appearance. See photos to left.

What Lincoln taught me- from Dr. Moore

Each one of us makes mistakes, right? Well some of us forget how the other fellow might feel. I read if Abraham Lincoln was mad he would write a letter about how he felt and then not send it. He had a general in the Civil War that he told to close in on the opposition when they were tired and weak, but the general felt his men were also too tired to proceed and he waited. During the wait time his opponents reinforcements came and prevented the Union general from capturing a huge victory. A victory some thought might have ended the war. It was written President Lincoln wrote a scathing letter outlining how if the general had just followed through with the recommendations the President had given him he could have ended the war and saved countless lives. The letter was found later not delivered. You see by that time in his career the President had figured out tearing down the man would not help the situation. And the general probably already had been losing sleep over his mistake.

This is much like each of us. We probably beat ourselves up way too much over our mistakes. And most people find it easy to find fault in the other person. I have learned the time mourning a bad decision can prevent me from making the next good decision or detract from creating more positive situation. Though I am still a work in progress myself, I learn more as I get older. I too realize the good in each person is sure to be there and helping others rather than scolding leads to more positive results. A pat on the back can help a person blossom like a flower.

What does etiquette have to do with your reputation?

Life in work or socially is full of rules for conduct and behavior. Some of these unwritten rules can play a role in what others think of you and thus your eventual success. These may be unwritten, but knowing and following them will establish you as someone who’s trustworthy and helpful. Here’s some basic etiquette tips:

- Respect others opinions. Make sure the other person has an opportunity to speak their mind in a manner they do not feel they will be penalized afterwards. Your level of trust can be correlated with how open others can be sometimes.
- Keep your voice down. Whether you’re negotiating with a customer or checking in with your spouse, now one wants to be forced to listen to every syllable. Learn to keep your voice at a reasonable volume and others are often more receptive.
- Mind your own business. Don’t jump into conversations you overhear, or force your assistance if it hasn’t been asked for. If necessary, ask if he or she would like your help. Otherwise, stick to your own job and let other people do theirs.
- Use the two ears twice as often as the one mouth. A lot of times you learn a great deal more and you gain others respect and trust when you give them a chance to speak.



How to Retain What You Have Learned- by Roger Moore

Learning new things is all very well, but whether or not we learn through reading, attending a course or through any other means, retaining information can sometimes be a struggle.

The topic of memory is one I have spent time learning about. Harry Lorayne wrote The Memory Book where he described himself as average intelligence, but attained fame for his memory by applying memory systems. If you want to remember more some simple techniques might help.

Use **mnemonics**, such as making phrase with the first letter of the items you want to remember. HOMES helps for the Great Lakes (Huron, Ontario, Michigan, Erie, and Superior). Some believe the Mnemonics help change things from short term to long term memory.

Use **associations**, where you attach something you want to remember in your mind to something you already know. If the item to remember is attached in some ridiculous way it helps us remember more easily. An example is if you have to stop and get milk on the way home think about something crazy like a cow being milked on the hood of your car. Kind of crazy, huh? Well if you really can envision this when you leave work to get in your car your car will jog your memory to think about the cow. Ah-hah! Now get the milk to keep the spouse happy.

These techniques do take practice and are not always easy to master, but just like most things in life a bit of practice and you can get much more efficient.

Look of more tips on memory in our next issue. The powerful tool of **Linking** is taught next month.

