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Thank you for
Voting us FAVORITE
Specialist in Elkhart County!
2013 Elkhart Truth



www.DermacenterMD.com

The Skin Cancer Specialist

What can be learned from the fair?

Find out inside

Also learn:

- What Ferris Wheels and skin have in common
- How to control your habits
- Tips about your skin examinations
- What giving can do
- And more....

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



No referral needed.

Dr. Moore's

Skin Wise



Enhancing
lives from
the skin in

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

Dedication to a Cause

Hello My Friend,

Have you ever done a good deed for a cause you believed in? Well, if you are like most people there are certain principles and items you feel strongly about and are willing to dedicate some of your time to.

I recently spoke with a man who showed me a lot about himself in describing one of his passions. This kind gentleman shared how he had been a part of the 4-H program as a youth and believed strongly in the values and principles he learned from his participation.

After he returned home from the service in the 1950s he was drawn back to 4-H. At that time the fair was located at Rice field. It was evident as the fair grew the space was just not enough. This kind man became part of a group who believed the fair could be important for the youth in the area. They envisioned it being a strong part of our community. They struck up a deal to purchase the fair from the current owners and move it to Goshen where enough land for growth was available. Many people appreciated the change and as a focus on the youth was emphasized alcohol sales were eliminated. This quickly turned it into a family friendly atmosphere. With diligence, wise decisions and dedication by many people from all walks of life the fair grew to become one of the finest and largest County fairs in the nation.

This gentleman, almost 90, still dedicates a significant portion of his life to the community and the fair. He spends the entire fair week, just like he has for many years, serving as the official fair physician. This man is Dr. Robert Abel.

He showed me that dedication to a worthwhile cause can turn an idea into a reality. The collective effort by people to important endeavors make the world a better place. Our brighter future comes from the steps we take today.

Roger
Roger Moore, MD



**We are honored to be voted
FAVORITE SPECIALIST for 2013!**

Vol. IX

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
AFTER THE
DOOR KNOCK



Jeff was fast asleep in his bed at 3:00 am when he heard an urgent knocking at the door. Rubbing the sleep from his eyes he made his way to the door.

"Can you give me a push?" asked the man at the door.

Jeff looked at the man, thinking he looked drunk, slammed the door in his face and went back to bed.

"Shame on you," said his wife when hearing the story. "You remember on our vacation how our car got stuck in the middle of the night and that man helped us. You go out there and help him push his car."

So Jeff trudges back out of bed, opens the door, and calls out "OK. I'm here to give you a push, where are you?"

"I'm over heeeere in the back," came his slurred speech. "I'm on your kid's blue swing waiting for my pushhhhhh."

"With every deed
you are sowing a seed,
though the harvest
you may never see."

- Ella Wheeler Wilcox

Why should I look?

Look at what? Your skin of course. Watching for new or changing growths can be quite important. The person who brings in a cancerous skin growth can save their own life. In addition routine skin exams at our office turn up cancer and melanoma at an alarming rate. So it cannot be stressed enough to look at your skin. Make a habit of looking for new or suspicious growths or spots.

Dr. Moore recommends you:

1. **Make a habit** of looking at your skin. At the start of each month make it a point to look thoroughly at your skin.
2. **Get a hand held mirror** and stand in front of a full length mirror and examine your back and thighs.
 - The Number one site for melanoma in men is the back and for women is the back of the thigh.
3. **Have your scalp examined** by your hairstylist or someone who loves you. (We find cancer here more than you would think).
4. **Look at the bottom of your feet.** We had a nurse who had melanoma on her foot.
5. **Examine** your buttock and private area.

By looking for suspicious growths you can be your own best health advocate.

If you find an abnormal growth come in, it is always better to check a spot than to let it grow. Treating early gives better results. Remember Dr. Moore does the Mohs Micrographic surgery technique which provides the highest cure rate, minimizes scars and is considered the gold standard treatment for Basal Cell and Squamous Cell Cancer.

This pink and scaling spot turned out to be a basal cell cancer on the face of our patient.



What is shingles?

Many of us have heard of Shingles. However it remains a bit of a mystery to most.

Shingles, also called Herpes Zoster, is typically a painful skin condition associated with grouped red bumps or blisters in a band or strip along one side of the body. It affects adults most often since it is a reactivation of a chicken pox (varicella) virus infection most get as a child. The virus lays dormant in the nerves for many years. At some point later in life the virus can reactivate. This reactivation is called Shingles or Herpes (Varicella) Zoster.

Shingles occurs with red areas, blisters and pain along the path of the nerves on one side of our body (unilateral). The hallmark is pain which can be quite sharp and intense at times. The redness and blisters typically go away within 2 weeks, but some people have significant pain for months after the outbreak which is called postherpetic neuralgia. It is important to get shingles diagnosed and treated quickly as proper treatment can drastically reduce immediate and long term pain.

One cannot give someone else Shingles. However in rare instances someone can get Chicken pox by being exposed to Shingles. It is important to be careful around children and pregnant women if you have shingles.

If you or someone you love suspect Shingles please call us immediately.



Giving.... a way of Life

We each have experiences in our lives which shape who we are and what we do. Stanley Hossler recently shared some of his experiences I found interesting. When he was born his father gave the doctor 3 pigs for delivering him. And later his dad would joke it might have been 2 too many. This was during the great depression and his rearing was not the same snowflake and cuddles some remember. As a teenager he had three paper routes which were often on foot or bicycle, and there were no days off despite the snow. After dropping out of school at 16 he joined the service where he served in the Korean War and worked his way up to Sergeant. He was awarded the bronze star for his activities as a service man.

When he came home he began work at CTS and later he was selected to become the executive director of the United Labor agency. It was there he made a lifelong commitment to help “the little guy.” Not that he feels any person is little, but rather he took it on himself to facilitate the case for the blue collar worker and less fortunate. He did things like get an air bed for a paralyzed man with no money, became a board member of a local hospital where he helped float the idea of pension plans, and even coordinate a weekly food service for the underprivileged called the Harvest Basket. He mentioned the volunteers and people he worked with deserve credit for the good he has been a part of as they are the keys to success. As we finished our talk he leaned over and said, “Doc, I may not be rich in money, but my work helped me become rich in here,” as he pointed to his heart. He demonstrates the culmination of giving is peace inside.

Dr. Moore’s tidbit

One of life’s precious gifts is spending time with our family. My teenage son reminded me of this when he and I spent time at the fair together recently.

It was not the typical fair day one might think of. I volunteer to give skin cancer screenings at the fair and this year my son asked if there was something he could do to help. It caught me a bit off guard because it was something I had usually done myself. So when he offered I said, “Absolutely.”

Though I have enjoyed contributing to the fair in the past years, this year seemed a bit more special. His presence made the whole experience more meaningful. He pitched right in with set up, registration and clean up. His smile and willingness to work made me quite proud. His contribution to the fair might be small but to me it was huge.

After helping for the morning we were able to appreciate some of the events and activities of the surroundings before we looked for a place to satisfy our appetites. Obviously this choice was tough with the aroma of all the fresh baked meals filling the air. We settled on Nelson’s and were able to have a nice sit down meal. The food was great and the company was unforgettable.

My volunteer time created a memory I will hold for a lifetime. It showed me the importance of sharing moments with those we love. Take time to create moments with loved ones and you will enjoy life’s simple treasure.



Habits: The key to breaking free

Did you ever stop to think how much habits simplify your life? We shave or put make up on in the same order every day because we developed “the habit” of doing it one way. We no longer have to relearn the process over and over. It simplifies our life.

Our habits actually have a powerful control over our lives. Once we are aware of this we can evaluate the habits we have. We might appreciate some and others we might want to get rid of. To change we must recognize each moment of our day we are given the opportunity of choice. It is this freedom which can help us change a habit. Much like the alcoholic who stops drinking the choice to avoid alcohol is made every day and continues for a lifetime. The same is true for the diabetic or overweight person who commits to a healthy lifestyle and better eating.

The key to unlocking your potential and forming good habits lies in the ability to recognize you have a choice. Some tips to form good habits include:

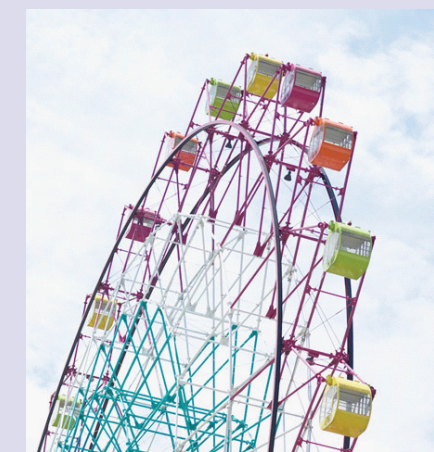
1. **Find a goal or desired result and focus on it.**
The focus is then on a result, not a negative.
2. **Congratulate yourself on small victories.**
Encouragement even from yourself helps.
3. **Memorize and repeat positive affirmations.**
Tell yourself “I am healthy” rather than saying “I am not fat.”
4. **Remember you are a unique and meant for success!**



The Ferris Wheel Helps You See Further?

The original Ferris wheel was known as an **observation** or **big wheel**. It was designed for the 1893 World Exposition held in Chicago by George Ferris. It was meant to rival the Eiffel Tower which was the centerpiece of the 1889 Paris Exposition.

The Ferris wheel gained popularity and many are in operation across the United States and other countries on a regular basis. They are also a staple for many fairs. The thrill of being able to see farther than one normally would continues to fascinate people of all ages.



At DermacenterMD we have a mission to help touch as many lives as possible through education and encouragement.

We believe the road to empowerment for your health and skin is **observing at a high level**. This is why we have designed a skin cancer educational guide which we strive to put in as many hands as possible. It is free at your visit.

Skin cancer is the number one cancer diagnosed with over 3 million cases per year reported. Some estimate 1 in 3 Americans will get skin cancer. For this reason we want you to **observe your skin**. If you notice something new, unusual or changing come in and get it evaluated. Also remember your dermatology professional exam at least yearly.

You deserve to be healthy and successful. We are here for your bright future.