



Dr. Roger Moore
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Thank you for
Voting us FAVORITE
Specialist in Elkhart County!
2013 Elkhart Truth



www.DermacenterMD.com

The Skin Cancer Specialist

How Does Dr. Moore Handle Potholes?

Find out inside

Also learn:

- How to beat dandruff
- What potholes have to do with life
- Why more people should take naps
- Why a doctor chose Dr. Moore
- And more....

Call today (574)522-0265

*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

The Truth About Potholes

Hello My Friend,

If you are like me, the roads you travel sometimes include potholes. Those pesky drop offs in the road can give a big thud when your tire falls in one. Just thinking about them makes me cringe.

I kept slamming into the same crater on my way to work muttering to myself after each jolt, 'Why hadn't someone fixed that giant hole?' Then on the way home one day I had this epiphany. It wasn't the crater's fault. It was the driver. I mean how smart did I have to be. The pothole did not jump over into my way on these trips to work. It was me who should have learned to avoid it.

The potholes actually showed me some parallels to life. Many times the bumps in our road we keep hitting represent recurrent cycles we go through. Similar scenarios or problems happen over and over. When we realize we are the ones who control ourselves on this path we take, we uncover a little secret. This little secret lies in learning many experiences we live through carry a responsibility which belongs squarely on our own shoulders.

We must learn to look at the problems we have and determine whether we can change our pattern. We have choices and power to change ourselves and our course. Recognizing issues of the past helps us through hindsight, while properly evaluating our current situations takes insight. And when we couple these together for a view of the path ahead we gain the beauty of foresight.

Understanding large machines are not required to fill our potholes is a start to personal success. When we take responsibility for ourselves and our journey we travel a more enlightened path. Through this I wish you much success, peace and happiness as well as a clearer vision of what's ahead.

Roger
Roger Moore, MD



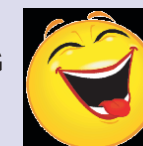
**We are honored to be voted
FAVORITE SPECIALIST for 2013!**

Vol. XI

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

OUTSMARTING
THE BARBER



A young boy enters a barber shop and the barber whispers to his customer, "This is the dumbest kid in the world. Watch while I prove it to you."

The barber puts a dollar bill in one hand and two quarters in the other, then calls the boy over and asks, "Which do you want, son?"

The boy takes the quarters and leaves.

"What did I tell you?" said the barber. "That kid never learns!"

Later, when the customer leaves, he sees the same young boy coming out of the ice cream store. "Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?"

The boy licked his cone and replied, "Because the day I take the dollar, the game is over!"



"If you want to lift yourself up, try helping someone else."

Booker T. Washington

What can laser do for me?

Depending on the type of treatments you desire, laser therapy might be for you. At DermacenterMD we have lasers to treat hair, blood vessels, wrinkles, rough texture, scarring and much more.

Blood Vessels can be removed in as little as one treatment.



Treatment has little discomfort and many say they would have done it sooner if they knew how easy it was.



Age or Brown spots can be removed with our advanced photo rejuvenation technology.



Call DermacenterMD for all of your skin care needs. No referral needed.

Could You Have Silent Dandruff?

The vast majority of people who have dandruff do not even know they have it. But studies indicate up to half of us are affected at some point.

The issue is often noted when dry white scales are found on clothes. Though it poses no health risk, it can lead to embarrassment.

Skin cells that grow and die off too fast lead to the flaking and scaling of dandruff. Itching and redness can be associated as well. Medically the name given is seborrheic dermatitis. The common sites of involvement are the scalp, ears, eyebrow, around the nose and the chest. In infants it is termed cradle cap. Though no firm cause has been identified some believe a fungus named Malassezia may play a role.



The treatment starts with over the counter shampoos which include zinc pyrithione or selenium sulfide most commonly. There are other treatments including ketoconazole shampoo, salicylic acid, and herbal items such as Tea-tree oil. When these do not work we can treat the areas with prescription topical solutions, shampoos and creams depending on the location and severity. It is often controllable so most dermatologists recommend treating.

The photo included is a case of Seborrheic Dermatitis. Other items to consider for scalp rash or flaking include psoriasis, fungus and other rashes.

If you suspect one of these conditions call for an appointment.

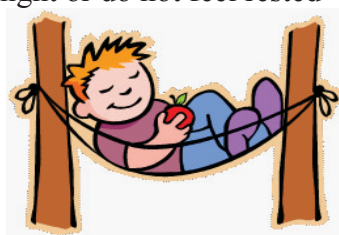
Is Napping Right For You?

The days of grandpa taking a nap may have just gotten some scientific backing. That is right. A recent study of men between the ages of 55 and 85 revealed that taking a nap could be helpful.

The participants were found to have enhanced cognitive function immediately after taking a nap. Improved cognition was also noted throughout the following day. The naps were especially helpful for people who were not getting the proper amount of sleep at night.

Many people do not get the requisite 6 to 8 hours of sleep per night to maintain optimal health. Poor sleep habits are sometimes to blame. To make sure you are following the proper sleep habits consider the following guidelines: Keep a regular sleep schedule, avoid stimulants such as caffeine close to bedtime; Do regular exercise, but keep strenuous activity in the morning hours; Keep your sleep area dark and quiet as television, computer and radio before bed can reduce the ability to fall asleep. Be aware underlying medical conditions can be at the root of sleep problems as well. It is important to see your health care provider if you suffer from chronic daytime sleepiness, wake frequently at night or do not feel rested in the morning.

Many people experience a dip in energy levels in the afternoon and find it difficult to concentrate. Some of that dip may be due to a lack of quality, restful sleep. A nap may help.



My Boy's Tire

My phone rang with my son's phone number on it. As I answered he immediately said, "I'm OK dad, but we hit a pothole and my tire is flat." Fortunately he and our daughter who he was driving home after a basketball game were fine. A giant pothole apparently jumped up and grabbed his little economical car. He was not sure what to do with his flat tire after sundown.



I headed out in the dark of the night to help. Having to address the problem without daylight was an opportunity actually. Though he was driving slow enough by his account I figured working on this in the dark and cold might help increase his caution in the future.

It was through this little episode I was reminded how fragile the people around us are at times. The incident initially felt like an inconvenience, but after making the trek his way I thought about how my own parents handled some of my errors. It was nice to think back to times my mistakes were made to seem small and easy to correct, and recall how a bit of empathy was so welcomed. Though pointing out others mistakes has been too easy for me most of my life, I am learning there is a better way. Giving a helping hand to those around you, and sharing in their pain often improves a situation. In addition it gives others memories to draw from for their opportunities to help.

Lead by example and you will make positive memories around you, and if you had good parents like mine call to say, "Thanks mom and dad."

What Can Gratitude Do?

When a patient came in not long ago she mentioned how her husband had fallen ill with dementia. It was after 50 years of marriage. She went on to briefly tell how she had a wonderful partner in life to share happy times and sad times with for so long. Her fondness was clearly evident. Unfortunately so was the pain due to the current situation.

She mentioned how she made it through the hard times by remembering how fortunate she was to have had so many wonderful moments together. Her pleasant nature and thankful heart gave meaning to the words of two well known people.

Zig Ziglar, a famous motivational speaker, taught we must have 'an attitude of gratitude.' The more we recognize and express gratitude for the things we have, the more reasons we will have to express gratitude.

Along the same line Oprah Winfrey used to recommend keeping a gratitude journal. She indicated it is not easy being grateful all the time, but when we feel the least thankful, we are in the deepest need for what gratitude can give us.

As our patient demonstrated, the gratitude we have in the midst of life's challenges can give fulfillment to even the most challenging moments. One psychologist stated, "Gratitude makes sense of our past, brings peace today, and creates a vision for tomorrow." May each of us find a bit of gratitude to bring in a better today and brighter tomorrow.

A Doctor's Choice

A 40 year old surgeon noted a red spot on the face which would not go away. He asked Dr. Moore to evaluate the site and a biopsy was done. The spot was a basal cell cancer. This is the most common cancer diagnosed in the US, occurring mostly on sun exposed sites.

After doing research the physician chose Dr. Moore and his Mohs Micrographic Surgery over all the other options. The Mohs technique is an advanced method to remove cancer and evaluate the margins while the patient waits in the office. This way no sutures are placed until all the cancer is out. Thus patients go home knowing they can put the cancer behind them. In addition it provides the highest cure rate, is minimally invasive, takes less tissue so scarring is often minimized, and it is done in our office.

DermacenterMD is honored to be the preferred skin professional for you and area physicians alike.

What does Basal Cell Cancer Look Like?



Often a pearly or pink raised bump.



Or it can look like a rash that won't go away.

If you have a new bump or red spot get it evaluated sooner than later!