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The Skin Guru

How do you avoid bugs?

Find out inside

Also you will learn:

- Why one woman will never miss her skin check up
- What Dr. Moore learned birthday shopping
- How to reduce body odor
- And more....

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

Call (574)522-0265



Don't get bugged out!
See the "The Skin Guru"

Dr. Moore's

Skin Wise



Enhancing lives from the skin in

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

Bugs and Challenges

Hello My Friend,

Have you ever been bit by something unexpected? Mosquitoes, wasps, bees and the like can sure spoil our day in a hurry when they bite us. So it may be nice that bugs we see aren't as big as the one in the back page. That bug's bite would hurt!

Thinking about how a bite can alter our day I could not help but remember a pleasant woman I saw in the office who had more trouble than a bite. She lost her job as a purchasing agent when the economy tanked. She could not get work in her field for over a year. So rather than sit around she chose to go back to a lesser paying job. After keeping her attitude positive and continuing to look for ways to improve herself she maneuvered her way back in to purchasing for another company. She explained how her determination to avoid getting down helped her land on her feet.

Life sometimes throws us challenges like hers. These situations can be hard to deal with at first. Once we accept the circumstances we are dealt and work on improving our situation we are taking control of our own destiny. The art of gaining something positive from a tough situation can be a big difference in how we enjoy our life. The skills we attain from life's challenges make us stronger for the future. **Be a challenge beater this month. You deserve success!**

Roger
Roger Moore, MD

"It is not how far you fall, it is how high you bounce."

- Charlie "Tremendous" Jones

"Keep your mind open to change all of the time. Welcome it. Court it. It is only by examining and reexamining your opinions and ideas that you can make progress."

- Dale Carnegie

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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

NEVER FELT
BETTER - A
CLASSIC IRISH
STORY



In a court in Killarney, deep in Munster, Ireland, this conversation is reported to have taken place.

Lawyer: "At the scene of the accident, Mr. O'Shea, did you tell the Garda officer that you had never felt better in your life?"

O'shea the farmer: "That's right, sir."

Lawyer: "Well then, Mr. O'Shea, how is it that you are now claiming you were seriously injured when my client's car hit your cart?"

O'shea the farmer: "When the Garda arrived, he went over to my horse, who had a broken leg and shot him. Then he went over to Darcy, my dog, who was badly hurt and shot him.

Then the policeman came across the road, gun still in hand, looked at me and said, 'How are you feeling?' I thought under the circumstances, it was a wise choice of words to say: 'I've never felt better in my life.'

Eliminating body odor

The smell of a skunk laid out on the road can be horrendous and linger with us for too long. Luckily, we have less of an aroma to us most of the time, but sometimes our body odor can be noticed by others.

Underarm Odor: Stress, hormones and hair can help facilitate an odor to sweat. The typical approach is to use a deodorant which is designed to mask the smell. If the area has excess perspiration, termed hyperhidrosis, then an antiperspirant can help. The aluminum chloride in the latter slows down the sweat gland production. If the odor persists a condition called bromhidrosis might be present and a trial of topical antibiotics could be employed.

Bad Breath: This has the medical term of halitosis and can be embarrassing. This is evident by the store shelves overflowing with mints, gum, mouth washes and other products to remedy this problem. Often a build up of bacteria (plaque) on the teeth has occurred. The basic first step is to get good oral hygiene going. Frequent brushing, using mouthwashes and flossing helps many people. If this is not enough, seeing a dentist would be in order.

Smelly feet: The 250,000 sweat glands on the feet can lead to a bit too much moisture in the area. This in turn can lead to an overgrowth of bacteria. Keeping the area dry with shoes which breathe, more frequent sock changes and routinely washing with antibacterial soap is sufficient for most feet. If this does not work a topical antibiotic might be necessary or aluminum chloride to reduce sweating.

Dermatologist spend 4 years after medical school focusing solely on skin

Why is she glad she got a cancer check ...

A pleasant woman came in because of a brown spot on her back. The brown spot was a simple benign growth termed a seborrheic keratosis. That was all she really wanted to know, but fortunately she allowed us to do a full skin examination. On her stomach or abdomen area, she had a mole. It was dark, had irregular borders and was asymmetric. I did a biopsy and the pathology indicated it was a melanoma. **Melanoma is the most deadly form of skin cancer.** If it is caught early it can be easy to treat. But if it is left to sit it will spread to the rest of the body and eventually cause death, sometimes quickly. Now this young lady has 3 children still at home and sure treasures her life. She and I are grateful she accepted the full skin examination as it could very well have saved her life. It is my deep belief you should know the signs of melanoma. We strive to provide each of our patients with a skin cancer educational guide that I have personally codesigned with a former student here locally. The guide is meant to help people like you take quick steps that could save a life. In addition, I also recommend you come in for a yearly check up.

Melanoma can be quite serious and even deadly. If you have a new or changing mole get it checked out. Also know the ABCs of Melanoma.

Concerning signs are: Asymmetry, Border Irregularity, Color changes, Diameter bigger than a pencil eraser, or is Evolving (changing).



This is our patient's moles that was melanoma.

What makes you look thinner?

Have you ever looked in the mirror and wondered what happened? Well this is the same thing that happens to many people, especially as we age. While we may want to lose the weight and look as thin as we think we should, there are some tips to looking better right now.

- Stand up straight:** Improved posture can reduce the appearance of the rolls around the stomach. Couple this with a smile and eye contact and most people will forgive some extra pounds.
- Choose colors carefully:** Avoid bright colors and patterns as they can instantly make you look bigger. Dark cloths often make the heavy sections look smaller. Colors should compliment you.
- Wear the cloths that fit:** Long fitting shorts can flatter the body type when compared to the tight shirts which expose the skin of the abdomen. Pants and shoes are also important to fit properly.
- Careful with a patterned shirt:** The patterns can make you look wider and bigger.
- Remember you are special:** Confidence in who you are can lead to people being more forgiving of your weight.



My daughter's birthday- from Dr. Moore

My daughter had a birthday party where I learned a bit more about life than I bargained for.



You see, she and I shopped away buying cups, plates, and other essentials to get ready for this party. We also bought items to build a gift bag for each guest. At the check-out counter it was a bit more than I thought and I made a comment about the cost being a bit high. Not giving it much more thought we came home and started to sort through the goodies in preparation. She stepped away and came back with cash in her hand. She stretched out the money she had been saving and said, "I know this was a bit more expensive than we thought it was going to be and I wanted to help out." Oh boy! If that didn't make my heart sink. I immediately reassured her it was quite alright and apologized for making the comment. I had not realized how it made her feel. Later I had a bit of pride knowing she recognized the value and was willing to help out, especially for items she was wanting to give her friends for coming.

As I have thought back on that moment it has reminded me of a couple of things. One is that our words can affect those around us sometimes more powerfully than we expect. Another is seeing someone willing to give back can be a rewarding experience. What a child taught me is quite valuable. If each of us took the time to learn something from a child we might be surprised at the little treasures we find. Make your world a better place by spending time and listening to a child.

Avoiding those nasty bug bites!

If you have ever felt like an itchy mess and wish you could stop those nasty bites, then you should read on. Avoiding the itch and sores that comes from the bites of mosquitoes and more gives a more pleasant season.



Get Off? The first step is often to make yourself less tasty for the var-mints. This starts with spraying yourself with the chemical DEET in products such as OFF. This may need to be applied every hour or more to keep the mosquitoes and ticks off. For chemical-averse a eucalyptus derived ingredient is the basis for OFF Botanicals. It is a bit less effective though.

Guard Yourself. The second layer of defense is Insect Shield, a licensed technology in more than 30 brands of clothing. The cloths actually have a chemical, permethrin, which has in it repellent qualities and is rated safe for pregnant women and children. The chemical is supposed to stay in the clothes for up to 70 washes. Find out more on www.insectshield.com.

Guard the perimeter. If you are localized in one area the traditional "bug zapper" lights are thought to help. Though they typically do not make wide spread decontamination claims many believe they help.

Though these may help each one can break down, so be careful.

Wait a minute? I say...



Medesthetics magazine included Dr. Moore in a spring issue.

Medesthetic is a nationally distributed medical professional magazine sent out to many dermatologist and cosmetic practices across the United States. Dr. Moore was asked to provide input and guidance on diagnosis and treatment regimens. He was quoted along side some of the nation's most renowned and prolific dermatologists.

This honor is appreciated by Dr. Moore, though he gives credit to a wonderful patient population and trusting referrals of the areas top doctors for providing opportunities for his growth and education. Though humble by nature he does believe the opportunity to be recognized helps the area's health care stating, "This type of national exposure is good for our community and signifies the high quality care people can get in this area." The opportunity to advance our area is important to him.

You may notice Dr. Moore has Notre Dame IU medical students rotating with him occasionally. One of the ways he likes to give back is by helping mentor future doctors.