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## The Skin Guru

Have you walked a mile  
in their shoes?

Find out inside

Also you will learn:

- What some important brown spots are
- What digging post holes did for Dr. Moore
- Tips on how to handle difficult people
- 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's

# Skin Wise



Enhancing  
lives from  
the skin in

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

### Walk a Mile in His Shoes

**Hello My Friend,**

Have you ever heard the saying about "walking a mile in someone else's shoes?" It has generally been associated with not judging someone else.

I had the pleasure to hear a pleasant grandmother share about her 19 year old grandson's trip. Her grandson after spending a year at an urban mission program chose to walk all of the way from Atlanta to his home in Middlebury, some 628 miles, without more than many of the people he had just helped. He had \$20 in his pocket, a 40 pound backpack with a tent, and a hefty pile of determination. That was it. He walked during the day and ask people if he could pitch his tent in their yard at night and if they would feed him. He was turned down about 4 to 5 times a day before he could find a place to eat and sleep. At the end of the journey she said he felt like he met some wonderful people, and some truly went out of their way to help him. She and the rest of the family were glad to see him home safely, especially after hearing some of the people were not so nice.

In reflecting on her story and reading about it in the newspaper I could not help but think about the courage this young man must have. He took a turn at truly walking the mile in another person's shoes. With little money and security he had to depend on the good nature of human kind. There were so many variables to his trip that are fascinating and worth pondering.

May we too find the good in the people around us. Also know, no matter how hard the journey someone is there to help if you ask, even though some people say no. I hope you find much success and peace in your travels!

*Roger*  
Roger Moore, MD

"Don't criticize them. They are just what we would be under similar circumstances."

- Abraham Lincoln

Stated after a friend criticized the opposition to his ideas.

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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

POLLY THE  
PARROT



A manager took her talking parrot to the office to liven her employees up. Well he did alright. The parrot went on a profanity laced tirade. Embarrassed she rushed the parrot home.

She told the bird she was going to teach it proper language. After hours of work the parrot continued to spew out curse words. Finally the woman lost control and screamed, "This is your last chance!" and threw the bird in the freezer. The bird squawked and rattled around for a while, then became quiet.

Fearing she had gone too far and frozen her pet she opened the door. The bird hopped out alive but shivering cold.

He said, "Okay, I get the point. I'll try and tone it down a little. But I'd like to ask one thing."

"What's that?" asked the woman, curious what was now on the bird's mind.

"How many last chances did that poor frozen chicken in there get?" asked the parrot as he gulped.

## Gift Giving Tips

Giving gifts that are as valuable as we would like them to be is a challenge. Sometimes between our desire to give and our delivery of the perfect gift, the point of the effort gets lost. Often, it's because there's a vast difference between what we can afford and how meaningful we want the gift to be for the recipient.

But "meaningful" doesn't have to be expensive or rare. The act of merely passing on information can be a great gift to others. Think about instances when someone has done this for you: Sent you an article about an unusual remedy to a problem you'd been having. Clued you in to a vital piece of information at work that put you in the know and increased your value on the job. Told you about a book giving you a new perspective.

Bits of wisdom, guidance to publications, recommendations professional services, networking opportunities—all of it has the potential to make a difference in someone's life. And it's all within your reach. The key is to assess what someone especially needs, and then give it in an open-hearted manner when the time is just right. That, indeed, is a perfect and meaningful gift.

Other tips include:

- Ask what they need
- Remember to make them feel valued
- Attach a personal message
- Put something together yourself

## Looking for Skin Cancer?

A solitary bump that does not go away requires consideration for a basal cell or squamous cell cancer.

This skin cancer is one Dr. Moore treated with the most advanced technique, Mohs Micrographic Surgery. Call for your skin check.



## What in the world are these rough spots?

Many people after the age of 30 start developing rough tan to waxy brown spots on the surface of the skin. They can vary in size and can be rough or smooth surfaced. They are often noted on the back or under the breasts in women, but can be about anywhere as we have seen them from the tops of heads to the toes. These common and benign growths have a fancy name, seborrheic keratosis. They do not turn to cancer and are harmless. They may be treated if they get irritated.



A different type of growth which can be very harmful is termed MELANOMA. Melanoma actually arises often from a dark spot or a mole. It can occur in a mole that has been present for a long time. The features of the two growths we are talking about are important for you to know about. The reason for this is melanoma can be quite harmful and even deadly if not detected early. 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).



The photos at the right are two of our melanoma survivors. Remember to get your skin exam as it could be your life that is saved.

## Beating Dry skin

Have you ever wondered what makes your skin dry? Many people get dryness and flakiness on the skin which can vary throughout the year. Understanding the skin and some basic tips can keep your skin healthy and vibrant in any season.



The skin itself has several layers. The outermost layer called the epidermis has cells on it that continually die and shed off going through a cycle of about 28 days. The portion of rough surface texture is often the stratum corneum, a heavy protein layer that dries out more as we get older, have less humidity, dry the skin vigorously, wash frequently, or use too much soap to name a few common causes.

We can help our skin hold more moisture in and thus look and feel softer and more healthy by following a few minor skin tips. The first is to follow Dr. Moore's bathing tips. This means use luke warm water (not too hot), apply soap to the dirty areas (underarms, private areas and hands), avoid friction (limit washcloths or lufa sponges to the dirty areas) and pat dry when you get out of the shower. In addition using a heavy cream right away while you are still a bit damp out of the shower or bath can help trap moisture in the skin. It is important to note the heavy cream is better than lotions and it does the most good applied to moist skin. Feel free to ask for your own copy of Dr. Moore's healthy skin tips when you are in for your visit.

## Farming and Perseverance

After hearing a teen talk about being bored I thought back to a summer with my grandfather on the farm.



There were some wonderful opportunities to see and do things on a farm that helped me gain confidence and have the feeling of accomplishment and independence. A strong work ethic was learned as well. One of the key attributes I remember about my summer work was the perseverance it required. You see my grandfather had this way about him where he would start a task and we would do it right and stick to it until it was done. One summer we built a fence around a crop field. The fence was to be longer than I could see and it was truly out in the middle of nowhere as no houses were seen in any direction. We would travel to the field about sun up and dig holes one at a time with a modified shovel apparatus called a post hole digger. After all day digging holes and setting posts we would head home at dusk. The posts were lined up just right, the height was measured to be perfect one at a time. It seemed to take forever and the precision and redundancy was excessive to a kid.

Now I look back and realize there are life situations when it would have been easier to give up when things seemed hard. But there was something ingrained in me like that summer, even though the task seemed boring and exhausting. I was taught to do it right regardless of the time and effort involved. That summer helped build perseverance. Now I realize the philosophy you teach can live on. Share your philosophies with those near you -- you never know where they may go.

## Dealing with Difficult People

Have you ever wondered what in the world is wrong with that person? The one that just seems to keep making life hard on you.



Unfortunately that is one of the challenges most every body has at some point in their life. The interesting fact is many times the other person is not interested in taking the first step. So the burden can be left on you to make the best of a challenging situation. Some helpful tips are to:

1. Become genuinely interested in the other person. This can let them know you are sincere about dealing positively with them.
2. Focus on the good traits of the other person and avoid fault finding.
3. Communicate in an uplifting tone. How you say things is important.
4. Become a better listener. Allowing the other person to talk about themselves can change their perspective of you.
5. Focus on facts rather than emotions.

It does take two people for a relationship. But the getting along factor is something which is often considered a skill. It can and should be practiced because the difficult people can hold us back. If we do our best and try honestly to put the best foot forward we can be the better person and live in more harmony. Remember the right way is to look at what you can do better or different with difficult people and you will find success more often.



## Sassy magazine included Dr. Moore's expert advice.

*Sassy magazine is a regionally distributed magazine* available at many locations. Dr. Moore was quoted and gave professional advice and guidance on skin protection and skin cancer detection for the article "Tanned and Dangerous." His passion for education and skin cancer helps provide higher quality care for his patients.

## Are YOU at RISK for Skin Cancer?

The number of Americans who get skin cancer has risen at an alarming rate in the recent years. Some estimate up to 1 in 3 will develop skin cancer at some point in their life. Early detection can lead to a much easier method of treatment.

Dr. Moore has developed his "Skin Cancer Educational Guide" for exactly this reason. He has taken high resolution photos of the most common skin cancers and precancer lesions and placed them in a guide he provides his patients. He has had multiple patients identify their own cancer after comparing it to the photos in the guide.

The fight to beat skin cancer is best when we partner with you. Many great success stories have a partnership. We are here to be your skin care partner.

Be sure to learn about Mohs surgery if you get a skin cancer. This advanced treatment is available right here.