



Dermatology in the News

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New Services at Florida Skin Center

SPECIAL POINTS OF INTEREST:

- > UVB light box treatments help with Eczema and Vitiligo.
- > Mohs surgery now available at Florida Skin Center.
- > Who should have a full body skin exam and what is involved.
- > What products will help you get through the winter season.

Help correct & protect your skin from free radical damage.



Upcoming Events

Fraxel & Hair Removal Laser Workshop:

5/2/09 at 1 pm
And
10/10/09 at 1pm

Botox & Fillers Workshop:

5/23/09 at 9 am
And
10/24/09 at 9 am

Children's Day:

6/20/09 at 8 am

We will keep you informed on any upcoming events.

At Florida Skin Center, we strive to provide excellent care to our patients. One way we do this is by having the most up to date treatments and services available. Two new services we are now proud to offer are: UVB Narrowband Treatments for Psoriasis, Vitiligo and Eczema and Mohs Surgery for Skin Cancers.

UVB Narrowband Light Treatment

UVB Narrowband light treatments have been used for numerous years to treat psoriasis, eczema and more recently vitiligo. Present in natural sunlight, UVB penetrates the skin and slows the abnormally rapid growth of skin cells associated with psoriasis and eczema.

Narrowband UVB treatments are safe for not only adults but also for pregnant and breastfeeding mothers as well as children. This treatment can be used in combination with topical or systemic medications or as an alternative to creams and ointments. Treatments are quick, easy and painless. The patient stands in a treatment

lamps, or an enclosure containing one or more columns of lamps. The patient undresses to expose all affected areas to the ultraviolet light. We also have small units for treating localized areas such as the hands, feet, and scalp. The amount of treatments needed depends on the condition we are treating, as well as the severity. The good news for most patients is the treatment will be covered under their healthcare insurance. We at Florida



Skin Center understand the stigma and embarrassment that these conditions can have on our patients and are happy to announce that we are the only office in Fort Myers to offer this treatment.

Mohs Surgery

We are happy to announce that Florida Skin Center is now offering the Mohs procedure for skin cancer removal to our patients. Mohs surgery, also called

Mohs micrographic surgery, is a specialized technique for removing skin cancers. Named after its inventor, Dr. Frederic Mohs, Mohs surgery is the treatment of choice for many skin cancers on the face and neck, as well as, hard to treat areas such as the hands and feet. Mohs surgery has a few advantages over other types of skin cancer removals. One, it has the highest cure rate. The Mohs procedure uses a technique that allows the dermatologist to examine all surgical margins in one visit so when you leave the office after having the procedure you know all the skin cancer was removed. Two, since there is no need to take a margin of healthy skin in Mohs surgery, the size of the scar is minimized and gives a better cosmetic result. Mohs surgery is an outpatient procedure that is performed under local anesthesia right here in our office. Our Mohs appointments are conveniently scheduled one Saturday a month so there is no need to take time off work to have the procedure done.



The Importance of a Full Body Skin Exam

Why Have a Full Body Skin Exam?

Many of you may be wondering what a full body skin exam involves or if you even need one. Well here are the facts. More than 1 million newly diagnosed skin cancers will be detected this year through annual skin exams. In fact, recent estimates show that 1 in 5 Americans will be diagnosed with a skin cancer during their lifetime. Basal cell and Squamous cell skin cancers are the most common and are often easily treated if detected early. Malignant melanomas, the more dangerous type of skin cancers, are also on the rise and estimates show that close to 1 out of every 60 people will be affected with this type of skin cancer.



Who Should Have a Full Body Skin Exam?

- If you have a history of skin cancer, we recommend full body skin exams every six months. Individuals with a prior history of skin cancer are at increased risk for developing another skin cancer later in life.

- History of a severe sunburn or blistering sunburns in the past.
- Red hair, blue eyes and freckled individuals.
- Family History of Melanoma. Anyone with a first degree family member (mom, dad, brother, sister) who was diagnosed with melanoma should have their skin checked annually.
- Anyone with an occupation that involves being outdoors, especially living here in Florida.
- A history of precancerous lesions/irregular moles such as actinic keratoses or dysplastic nevi.
- History of using tanning beds or sunbathing.
- Hobbies that involve being outdoors: golfing, swimming, boating, tennis.
- An individual with many moles and or freckles.

Should Children Have Full Body Skin Exams?

If your child has any of the risk factors stated above such as a family member with melanoma or a history of using tanning beds or a severe sunburn, he or she should have their skin checked no matter their age. Unfortunately, malignant melanomas and atypical moles can affect anyone of any age. If you

have a concern about a mole or freckle on your child, please make sure he or she gets checked by a dermatologist.



What is Involved in a Full Body Skin Exam?

For a full body skin exam, you will be asked to change into a gown. Dr. Badia or Shirisha will exam the skin of your face, ears, neck, chest, scalp, back, arms, legs, feet and even between the toes for any unusual or suspicious lesions. If any lesion needs to be checked or biopsied, it can be done on the same visit. In addition, a full body skin exam can be done on any of your follow up visits.

Quick Remedies to Protect Your Skin From the Cold Weather

Skincare is just as seasonal as your wardrobe! In the summer, you're busy with sun protection while in the winter you may feel addicted to moisturizers because your skin becomes so dry and flakey. So why the dry skin in winter? Low temperatures, low humidity and strong, harsh winds deplete skin of its natural lipid layer which prevents the skin from drying out. Moisturizer is the key to soft, supple skin in the winter. The skin on our face is affected the most by environmental stressors, including the cold. Here at Florida Skin Center, we recommend an anti-irritating moisturizer by MD Forte: *Replenishing*



Hydrating Cream.

This product may be applied whenever you feel dry or when the skin is irritated.



Chapped lips are also a common problem in the winter months. Licking your lips will not moisturize them and instead will increase dryness. Lips retain less moisture than other parts of the body, so they tend to dry out more quickly. We have just the solution for you! *SkinCeuticals Antioxidant Lip Repair* helps prevent premature signs of aging, while restoring moisture and smoothing the surface of the lips.

Does the skin on your body ever feel itchy? This is a sign that your skin is in need of hydration. We all love the lotions that smell good, but unfortunately these lotions do nothing but that—smell good. The skin on our body is thick and it needs a cream with a strong, heavy consistency. Dr. Badia recommends *Cetaphil* cream, which makes a great body cream for all skin types.



If you are interested in learning more about any of these products please feel free to ask our staff.

Out and About

Florida skin center is very proud to announce that our very own Dr. Badia was recognized by the Hispanic Affairs Advisory Board. The Hispanic advisory board began in 1991 as a result of a countrywide ordinance to help Lee County Commissioner better serve the Hispanic community. Dr. Badia was given the Volunteer of the year award for her program "Dermatology from the Heart". One day a year Dr. Badia opens Florida Skin Center's doors and donates her time to provide dermatology services free of charge to the children in need, of our community. Dr. Badia and her staff also volunteer their time doing activities throughout the year including: March of Dimes, Adopt a Highway, Food Drive, and the American Cancer Society: Making Strides for Breast Cancer Walk.