



It's the Summer!
Sunscreen! Sunscreen! Sunscreen!
Don't be fooled! Even on an overcast day,
your skin will still get burned!



MELANOMA - WATCH YOUR BACK

by Burrell H Wolk, M.D., FAAD, FRCP

Your back is the most common location for melanoma, a potentially deadly skin cancer.

Each year, approximately 80,000 people in the United States will be diagnosed with melanoma. It is the most aggressive skin cancer and has the ability to spread to other parts of the body. One person dies of melanoma every hour in this country.

The tragedy of melanoma is that it is a cancer of young people. An average patient is in their 30's or 40's – at the prime of their life – a frightening illness when you have a young family and are at the peak of your career.

Too much exposure to sunlight, especially enough to cause blistering or peeling sunburns during childhood, can result in enough cellular injury to cause a melanoma as well as other skin cancers. In addition, there are other factors that make a person more susceptible to developing a melanoma, including: blond or red hair, blue eyes, or fair skin; many moles; previous history of a melanoma; a blood relative(s) with a melanoma.

You can reduce your risk of melanoma by using sun protection, and by regularly examining your skin.

There are two main points that you need to know in order to properly perform a self-examination:

1. Examine your skin everywhere, including the palms and soles. Use a hand mirror and a full-length mirror to see your back.
2. It is not always easy to know what is normal on our skin, and what isn't. Look for a new growth, or any skin change, and know your ABCD's.



"A" for Asymmetry – Basically, one side does not look like the other.



"B" for Border irregularity – Lots of moles grow, but beware of irregular jagged borders



"C" for Color Variation – Lots of moles have pigment, but be wary of different colors in the same mole.



"D" for Diameter – Moles that are larger than a head of a pencil eraser (about 6mm.) are more concerning for melanoma



**Don't forget
the
SUNSCREEN!**

**We have sunscreen available
for purchase at the check out
counters. Please ask our staff
for assistance.**



Burrell H. Wolk, M.D., FAAD, FRCP, is Founder and Medical Director of the Skin & Cancer Center of Arizona. He is a Board-Certified Dermatologist in both the United States and Canada.

Dr. Wolk is a Diplomate of the American Board of Dermatology, and a Fellow of the American Academy of Dermatology as well as the Royal College of Physicians and Surgeons of Canada. He is also a member of the American Society of Dermatologic Surgery, the American Society of Cosmetic Dermatology & Aesthetic Surgery, and the American Society for Laser Medicine and Surgery.



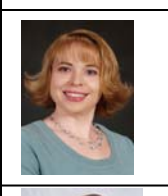
Gosia Nowak, M.D., FAAD, a Board-Certified Dermatologist, completed her dermatology residency at the University of Pittsburgh, School of Medicine. She is a Diplomate of both the American Board of Dermatology and the American Board of Pediatrics. She is also a Fellow of the American Academy of Dermatology as well as a member of the Phoenix Dermatological Society.



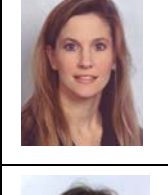
Samantha E. Carter, MD completed her dermatology residency at the University of Texas and the MD Anderson Cancer Center in Houston, Texas, where she also served as chief resident. Her internship was completed in Phoenix at Banner Good Samaritan, the VA Hospital, and Phoenix Children's Hospital. She received her Doctor of Medicine from the University of Texas Medical School at San Antonio. She is an Associate of the American Academy of Dermatology.



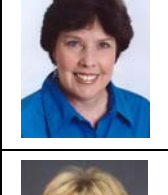
Beth Bennett Lopez, MPAS, PA-C received her Bachelor of Medical Science degree from the Physician Assistant Program at Midwestern University and her Masters in Physician Assistant Studies, specializing in Dermatology, from the University of Nebraska College of Medicine. She is also an Arizona State University graduate with a Bachelor of Science in Nursing degree and she was a clinical instructor for the Nursing Program at Mesa Community College.



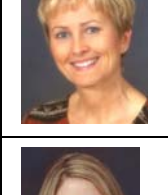
Michelle A. Campbell, PA-C received her Bachelor of Medical Science degree in Physician Assistant Studies from Midwestern University. She is a member of the American Academy of Physician Assistants, the Arizona State Association of Physician Assistants, and the Society of Dermatology Physician Assistants.



Joan Altman, PA-C received her Bachelor of Science degree in Physician Assistant Studies from Gannon University. She is a member of the American Academy of Physician Assistants, the Arizona State Association of Physician Assistants and the Society of Dermatology Physician Assistants.



Anna O'Bannon, MS, FNP-C received her Family Nurse Practitioner from Arizona State University in the Post-Masters Program. She previously received a Master of Science Degree from the University of Arizona with a major in Maternal/ Newborn Nursing, and a Bachelor of Science Degree in Nursing from Texas Woman's University. Anna is nationally certified as a Family Nurse Practitioner by the American Nurses Credentialing Center.



Ruth Ireland, RN, MSN, FNP-C received her Family Nurse Practitioner degree from Valparaiso University. She is a graduate of Trinity Christian College with a Bachelor of Science in Nursing degree and completed her Master of Science in Nursing degree from Governor's State University. Ruth is nationally certified as a Family Nurse Practitioner by the American Nurses Credentialing Center.



Erica Lorenz, L.E., CMLT, LSO joined the practice in 1998 following receipt of her certification from the National Aesthetics Institute of Scottsdale. She is a certified Medical Laser Technician as well as a Certified Laser Safety Officer. Erica has extensive experience in the use of a variety of lasers for the treatment of a broad range of skin conditions.



Susanna Stapleton, L.E., CMLT received her certification from Artistic Beauty College in Chandler. She received extensive training followed by certification in the use of a wide range of chemical peels through Physician's Choice of Arizona in Scottsdale. Susanna is also a Certified Medical Laser Technician.

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at the
Skin and Cancer Center of Arizona



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If you have a question for our next newsletter,
please email it to:
Annette@skinandcancercenterofarizona.com



Erica Lorenz, L.E., CMLT, LSO

The Aesthetics Corner at the Skin and Cancer Center of Arizona



Susanna Stapleton, L.E., CMLT

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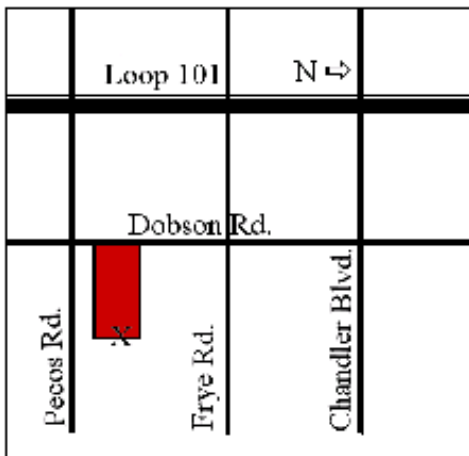
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