



We come to you

- Full service mobile dermatology practice that provides dermatology care to senior communities.
- Quality and convenient dermatology services right to you.
- Specializing in the prevention, detection and treatment of pre-cancer and cancerous growths as well as any dermatological condition you may have.

Common Skin Conditions

- Dermatitis
- Eczema
- Psoriasis
- Scabies
- Cysts
- Ulcers
- Warts
- Skin Tags
- Skin Infections
- Keratoses
- Rosacea

The skin is the largest and most visible organ in the body. Everyone should take the time to learn about how to detect skin cancer on themselves and on loved ones.



Mature Skin & Changes

Aging causes changes at every level of the skin.

Skin problems tend to be higher in seniors than in other age groups.

- *The epidermis*, the skin's outer layer, **does not recover from injury as rapidly**. The outermost layer of the epidermis loses lipids (fat-like substances), **making the skin drier**.
- *The dermis*, the skin's inner layer, **loses collagen and elastic tissues** that keep the skin plump and protect against injury.

Maintaining Healthy Skin for a Healthy Lifestyle

Top habits for proactive skin care

- ✓ Eating healthy
- ✓ Exercise
- ✓ Hydration
- ✓ Wash your skin gently
- ✓ Moisturize regularly
- ✓ Protect yourself from the sun

Eating Healthy: An enjoyable way to protect your skin from the inside out

- Foods rich in Vitamin A,C,D and E
- Dark orange and dark green foods
- Almonds, nuts, legumes, soy foods
- Fish 2 times a week



H2O /Water

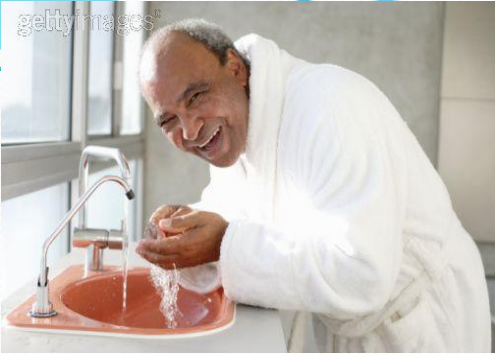
- Flushes out toxins
- Hydrates skin to get that “Glow”
- Hydration eliminates sunken eyes
- Helps in digestion, maintain muscle tone, prevent muscle cramping



Exercise- Stay Active

- Circulates oxygen through your body
- Improves circulation and blood flow





Washing your skin

Skin is naturally drier in older adults.

- Treat skin gently-wash with warm water
- Avoid strong soaps (no perfume/ deodorant soaps)
- Immediately moisturize after bathing

Protecting Yourself from the Sun

- Avoid the sun during high-intensity hours
- Wear protective clothing, (example: sunglasses & hat)
- Use sunscreen
- Self-Examinations
- Have a full body exam at least once a year, twice a year for seniors

Vitamin D

We DO NOT recommend getting Vitamin D from sun exposure!

- Ultraviolet (UV) radiation from the sun can lead to the development of skin cancer.
- Vitamin D from food and dietary supplements offers the same benefits — without the danger of skin cancer — as vitamin D obtained from UV light.

Effects of Excessive Sun Exposure

- Sunburn
- Eye damage
- Drug reactions
- Permanent destruction of the skin's supporting structure
- Precancerous skin lesions
- **SKIN CANCER**

UV Damage



Statistics

- Skin cancer is the most common form of cancer in the United States.
- More than 5.5 million skin cancers are diagnosed yearly
- 1 IN 5 AMERICANS WILL DEVELOP SKIN CANCER
- The odds of developing skin cancer rise as you age
 - Between 40 – 50% of people age 65 and older will have at least one skin cancer

Pre-Skin Cancer

- Actinic Keratosis- (AK)

3 Types of Skin Cancer

- Basal Cell Carcinoma- (BCC)
- Squamous Cell Carcinoma- (SCC)
- Malignant Melanoma- (MM)

Actinic Keratosis (Pre-Skin Cancer)

- It is estimated that more than 58 million Americans are affected by “AKs”
- Typically appear on sun exposed areas, face, bald scalp, lips and back of hands

Actinic Keratosis (Pre-Skin Cancer)



Scattered, thick red
scaly patches

Crusted lesions →

Red bumps and
tan crusts
←



Basal Cell Carcinoma

- More than 4.3 million cases diagnosed every year in the U.S.
- Most common form of skin cancer, 80% of new skin cancers cases
- Mostly found on sun exposed areas; face, head, arms, back of neck
- Usually do not spread, infiltrates surrounding areas destroying tissue, rarely fatal, but can be highly disfiguring if allowed to grow
- High cure rate
- 40% chance of developing another case

Basal Cell Carcinoma

Signs and symptoms



An Open Sore

It bleeds, oozes, or crusts and remains open for a few weeks, only to heal up and then bleed again.

A Reddish Patch or Irritated Area

Sometimes the patch crusts. It may also itch or hurt. At other times, it persists with no discomfort.



A Scar-like Area

An area that is white, yellow or waxy, and often has poorly defined borders; the skin itself appears shiny.

BASAL CELL CARCINOMA (BCC)



A Shiny Bump or Nodule

The bump can pearly or clear and is often pink, red, or white or can be tan, black, or brown, especially in dark-haired people, and [can be confused with a normal mole](#).

A Pink Growth

It has a slightly elevated rolled border and a crusted indentation in the center. As the BCC grows tiny blood vessels may develop on the surface.



Squamous Cell Carcinoma

- More than 1 million cases diagnosed every year in U.S.
- Most likely to develop on top of a scar or previous skin injury.
- SCCs develop from untreated Actinic Keratosis **and** can spread to vital organs.
- 90% cure rate when found early

SQUAMOUS CELL CARCINOMA (SCC)

Signs and symptoms



A wart-like growth that crusts and occasionally bleeds.

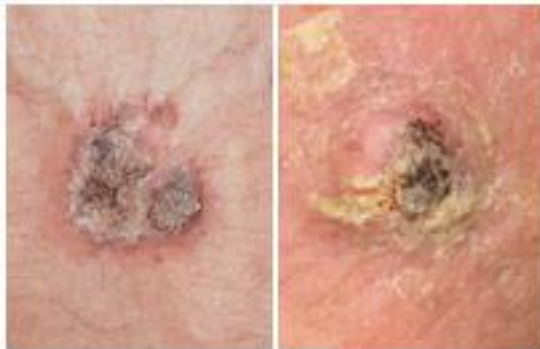
An open sore that bleeds and crusts and persists for weeks.



SQUAMOUS CELL CARCINOMA (SCC)



An elevated growth with a central depression that occasionally bleeds. A growth of this type may rapidly increase in size.



A persistent, scaly red patch with irregular borders that sometimes crusts or bleeds.

Malignant Melanoma

- More than 178,000 cases are diagnosed yearly.
- This is the most deadly form of skin cancer.
 - About 2 people every hour in the USA die from Melanoma.
- On average, a person's risk for melanoma doubles if he/she has had more than 5 sunburns.
- Responsible for more than 75% of skin cancer deaths.
- Estimated that 1 in 50 will develop a Melanoma in their lifetime
- If detected early enough , MM is highly curable

The ABCDEs of Detecting Melanoma

A

Asymmetry

B

Border

C

Color

D

Diameter

E

Evolving

NORMAL



Symmetrical



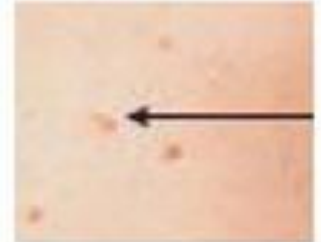
**Borders Are
Even**



One Color



**Smaller Than
1/4 Inch**



Ordinary Mole

MELANOMA



Asymmetrical



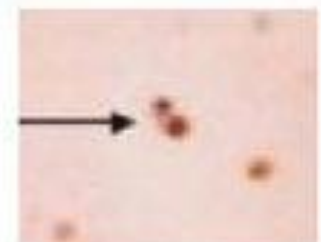
**Borders Are
Uneven**



**Multiple
Colors**



**Larger Than 1/4
Inch**



**Changing in
Size, Shape and
Color**

Melanoma



Treatments

- Cryotherapy-liquid nitrogen spray
- Topicals
- ED&C- Electrodessication & Curettage
- Surgical Excision
- Mohs Surgery

REMEMBER:

- **Examine your skin on regular basis**
- **Ask your dermatology specialist about any suspicious or changing moles**
- **Do EVERYTHING in your power to protect your skin from the sun's rays!**

- How to make an appointment?

- You can call us at 877-345-5300 to schedule an appointment.

OR

- You can add your name and phone number to the signup list and we will call you!

Please have your Health Insurance information ready for us to verify over the phone.