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The Skin Cancer Specialist

Hello My Friend,

I invite you to take a few minutes and read through our educational newsletter.

Designed by me for you.

Thank you in advance. And I am honored to care for you and our community.

Roger
Roger Moore, MD

Call today (574)522-0265

We are here to partner with you for
A brighter tomorrow!



**When you need a hand
with winter skin**

Come on in!

*We are here to help with skin cancer,
rashes, acne, psoriasis, warts and more.*

Dr. Moore's

Skin Wise



Enhancing
lives from
the skin in

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

Snow, school, and neighbors

Hello My Friend,

I hope the winter is finding you in great spirits. As we embark on this time of year it seems a long time before the birds of spring sing their song and the beauty of spring shines. Winter can bring some positive things too.



One instance for me is when my son had to document a good deed during the winter for a school project. He elected to go over to a home of our neighbors and shovel his snow off the drive and sidewalk after a particularly rough snow. I went along thinking of helping him out and being the parent to teach how to do a good deed. He worked at a very steady and strong pace. Not once did he complain of the cold or the job he had to do. And when the work was all done we were invited in. It was during the time after I got the most incredible delight. You see my grandparents are both gone and I need to be reminded a bit of how important grandchildren really are. Our grandfatherly neighbor brought out the picture book of his own children and grandchildren. He beamed so proudly while talking of his family. The life line that is a direct descendant of him has created a legacy of sorts. It was so incredible to share with my own son how important children are in the eyes of an adult. The children and grandchildren are the future of our world and sometimes being reminded of this helps them live up to the best we know they can be. Share your positive thoughts with those around you- it can make a difference, especially to those who hold you in high regards.

Roger
Roger Moore, MD

Winter Skin Tips from Dr. Moore

As we see the cold and snow of winter it is important to remember:

- Dress warm and in layers if you are going to be out in the cold
- Keep your head, hands and feet covered well. Maintaining heat here is a must
- Do physical exercise in moderation- make sure not to overdo it
- If you suspect frost bite rewarming the area rapidly is the treatment of choice. Often running warm, not scalding hot, water on the area is best. Also contact your doctor quickly.

2012 Vol. II

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

HELPING OUT
THE LESS
FORTUNATE



A scruffy-looking man knocked at the door of a mansion. It was owned by a millionaire whose wife was widely known for her kindness and generosity to people down on their luck.

The visitor was shown into the parlor, and the wife came in moments later to speak with him.

“Ma’am, I wanted to tell you about a family I know,” he said in a quavering voice. “They’re both out of work, they have three children, they’ve exhausted all their savings, and they’re behind on their rent. They’re about to be evicted from their apartment unless they can come up with \$500 for their rent.”

“That’s terrible!” said the woman, and she immediately wrote out a check. Then she asked, “May I ask who you are, sir?”

“Certainly, ma’am. I’m their landlord.”

Positive thought: Compliment someone you don’t know today

Rosacea and coffee, is it you?

Rosacea is a confusing topic for most. It is typically a problem of the face in adults where they can see bumps or redness and often both. The redness can be worse at certain times and seems to be aggravated by one or several factors. The typical aggravating factors for rosacea are hot liquids, spicy foods, emotional upset, sunlight, and alcohol. If you have redness that worsens after these items you might very well have rosacea. It is also often associated with red bumps, pus bumps and dilated blood vessels on the face.

Treatment can be topical creams, oral antibiotics and avoiding aggravating factors. If you have rosacea or suspect rosacea try reducing hot liquids. It is not the caffeine of coffee, but rather the heat that is thought to cause redness than can occur later in the day. Iced coffee or other non heated drinks can make a big difference in some people.

If you suspect rosacea, you should see Dr. Moore, as there is often treatment to make you look and feel better.

What is a Physician Assistant?

"PAs work in concert with physicians, complementing the physician's ability to deliver a comprehensive range of medical and surgical services to diverse patient populations. PAs' rigorous education, versatility and commitment to individualized treatment help physicians function more efficiently and enhance continuity of health care."

American Academy of Physician Assistant

Dr. Moore has worked with his physician assistant for years. This combined with her own strong work and study habits have made her become excellent dermatology provider. Our patient have easier access to dermatology care, high quality care and rapid follow up.

Cut Out Caffeine For a Healthier Body and Mind

Reaching for hit after hit of coffee in the morning might feel like just what the doctor ordered to get mind and body racing into overdrive, but what some see as "nature's wonder drug" can actually play havoc with the human body. Numerous studies have shown that excess caffeine can cause, among other things.

- Rapid heartbeat or palpitations
- Restlessness
- Insomnia and sleep disorders
- Headaches
- Irritability
- Anxiety
- Muscle twitches
- Nausea
- Light-headedness
- Mood Swings

The body's tolerance to caffeine develops very quickly, and subsequently limiting consumption can often result in withdrawal symptoms such as headaches, fatigue, mood swings and feelings of depression. Of course, it is not just coffee drinkers who are at risk of caffeine addiction and withdrawal, but also those who drink excessive quantities of tea, caffeinated soft drinks and energy drinks, as well as those who take caffeine tablets.

Although decaffeinated coffee and tea are both readily available, many regular tea and coffee drinkers find these quite unappealing, although in some cases this may be because the similar taste leads them to expect effects similar to those of the caffeinated versions. A better idea may be to replace tea and coffee with herbal teas, most of which are caffeine-free.

Our Physican Assistant Mariah Lefforge

Mariah has been an important part of our team at DermacenterMD since 2007. She has had very intensive dermatology training from Dr. Moore in addition to education from regional and national courses. Dr. Moore believes she is truly an outstanding provider for our clients.

Mariah grew up in Bluffton, Indiana where she graduated as valedictorian of her high school class. She was awarded a full-tuition Presidential Scholarship to the University of Indianapolis where she majored in chemistry with biochemistry and pre-med concentrations. While at the University of Indianapolis, she volunteered at St. Francis Hospital, and worked as a chemistry tutor and lab assistant as well as a home health care CNA. She graduated Summa Cum Laude and was in the top 10% of her graduating class. After graduation, she attended the University of St. Francis where she earned a Master's of Science degree in Physician Assistant Studies and served as Vice President of her class. She is a member of the American Academy of Physician Assistants (AAPA), the Indiana Academy of Physician Assistants (IAPA) and the Society of Dermatology Physician Assistants (SDPA).

For the highly trained care of a skin specialist call (574)522-0265.



Dr. Moore Tidbit – Me referee? How a coach changed my perspective

Life experiences grow each of us if we take the time to learn from them. As a high school student I played sports and when on the basketball court it was apparent the referees just didn't see the game they way it was supposed to be seen. When a student I would get frustrated and even chatter at them a bit whether on the court or in the stands thinking I knew better.

During one summer league basketball session one of my coaches asked me to referee games. Sure, how hard could it be was the initial thought. Well it did not take long before the players were squawking at me just like I had been to the other referees. Didn't I see that, why didn't I make the call, why not call it fair on both ends of the court. So many things were lobbed my way I felt a bit overwhelmed. It was crazy how fast the mind had to tell the body to blow the whistle. Overall it was just hard.

It did not take long that summer for me to figure out how easy it is to lob criticism at someone else, but how hard their position just might be. This experience gave me a healthy respect for referees. I find myself at this age a lot more understanding. In fact, I trust the referees have a strong pull for fairness and what is right. This experience and a few others like it over a lifetime have helped me see that other people should be respected. Though I am still a work in progress myself, I sure hope to be a person who helps others feel better about what they choose to do.

How to Get Great Muscle Tone, Strength and Flexibility Without Looking Like Arnold!

High-impact exercise regimes and muscle-building programs are not for everyone, and women and senior citizens in particular often prefer low-impact activities that improve muscle tone, strength, flexibility and control without making them look like Arnold Schwarzenegger. If you are looking for an overall body workout that exercises all those muscles that do not normally get much use but that doesn't cause you to put on bulk, Pilates could be ideal.

Pilates concentrates on strengthening the torso, or core, of the body and also exercises the chest, abdomen and back. It involves both floor exercises done on a mat and the use of various pieces of equipment or apparatus such as a large exercise ball. Most of the exercises focus on resistance training.

One of the reasons Pilates has gained such popularity in recent years is its suitability for a wide range of people. Men, women, children, expectant mothers, senior citizens and even trained athletes can all take part, and exercises can be adjusted so that you can begin at whatever level is most appropriate for your starting level of fitness and work up to more challenging exercises. It is even suitable for those in need of physical rehabilitation and is excellent for those who suffer from neck or back problems.



Teaching Your Kids the Value of Money

Schools may well teach your children how to add and subtract, but learning the value of money is one lesson that has to come from home. Unless you teach them otherwise, they will continue to think that money grows on trees and that banks just give away cash – until they have to make their own way in the world. While financially indulging your children might feel like kindness at the time, you could be doing them a grave disservice by not teaching them valuable lessons for life. Here are a few ideas on how to teach youngsters the value of money.

1. Children are not born understanding how paid employment and banks work. Explain these things to them simply as soon as they are old enough to understand.
2. Help your children to distinguish between needs and wants.
3. Teach your children the principles of spending and saving money as well as those of making money grow.
4. As soon as they are old enough, give them an allowance of their own to permit them to put principles into practice and learn from their own mistakes.
5. Open an interest-bearing account for your children so that they can watch their money grow.
6. Put aside an allowance for essentials such as clothes to help teach your children how to budget and save for more expensive items.
7. Explain how credit cards and loans work; otherwise your children could grow up thinking that these are "free" money.

Teaching a child to work can help today, Teaching a child the joy of work can help a lifetime.