

Summer 2016

RIDGECREST REGIONAL HOSPITAL



# healthy LOOKOUT

YOUR GUIDE FOR A HEALTHIER, HAPPIER LIFE

## THE SKIN ISSUE



What is the largest organ of the human body? What protects us from our environment? What is one of the first things people notice when they look at us? **OUR SKIN!**

We have a lot to thank our skin for, but are we thanking it like we should? With summer here many people will try to get that perfect tan or just spend extra hours out in the sun and in doing so they may damage their skin and possibly cause skin cancer. In Ridgecrest, there are many factors that we need to be aware of in order to keep our skin healthy and in order to keep it looking its best.

**LET'S SHOW OUR SKIN SOME LOVE!**



# Most Common SKIN CONDITIONS in Ridgecrest



**The number one dermatologic issue we face every day, especially in Ridgecrest, is the various presentations of sun damage:** from pre-cancers (Actinic Keratoses) to the most common forms of skin cancers (Basal Cell Carcinoma and Squamous Cell Carcinoma). Actinic Keratoses are rough, sand paper-like spots that persist and can eventually, in about 5% of the cases, turn into skin cancer. People with numerous Actinic Keratoses are at a high risk of developing skin cancers.

**Treatment options for these pre-cancers consist of:**

- Applying a cream - like 5% Fluorouracil or Picato
- Cryotherapy - treatment with liquid nitrogen
- Photodynamic Therapy (PDT) - application of a topical liquid and exposure to blue light

PDT is an excellent way of preventing pre-cancers as well, as it diminishes the amount of sun damage on an individual's facial skin, since the entire skin is treated. **This treatment is now available at Ridgecrest Regional Hospital's Southern Sierra's Dermatology Clinic.**

Basal Cell Carcinoma (BCC) and Squamous Cell Carcinomas (SCC) are the most common types of skin cancers and develop from Actinic

Keratoses. They present as pearly, sometimes ulcerated, bumps or nodules (BCC) or crusted, thickened plaques (SCCs) which do not heal, and increase in size slowly over time; a variant of SCC, called a Keratoacanthoma, can grow very rapidly, over a few weeks. Surgical removal of skin cancers is the most common treatment, however, at times superficial skin cancers may be treated with a cream called Imiquimod.

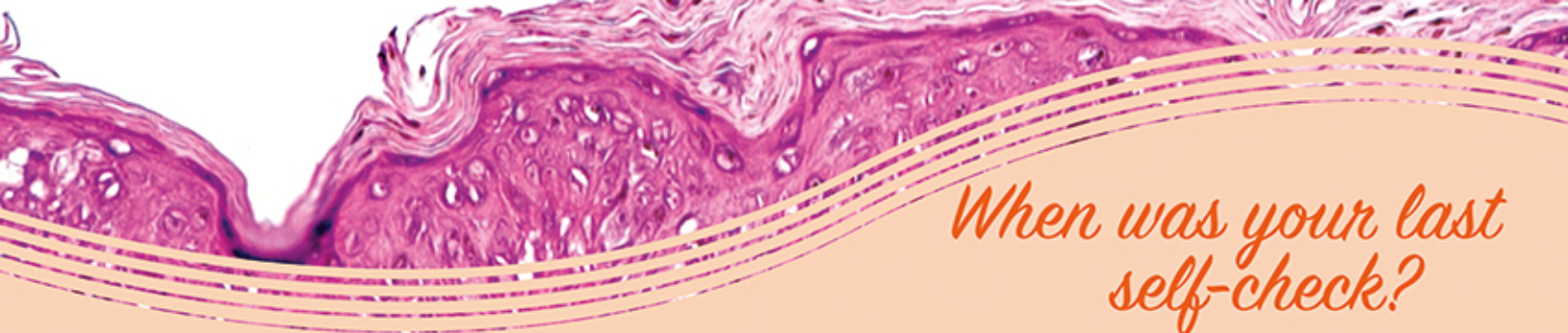
*Have you seen your dermatologist  
this year?*

**ANNUAL BODY EXAMS ARE THE MOST IMPORTANT  
THING ONE CAN DO TO HELP DIAGNOSE AND TREAT  
THESE CURABLE SKIN CONDITIONS.**



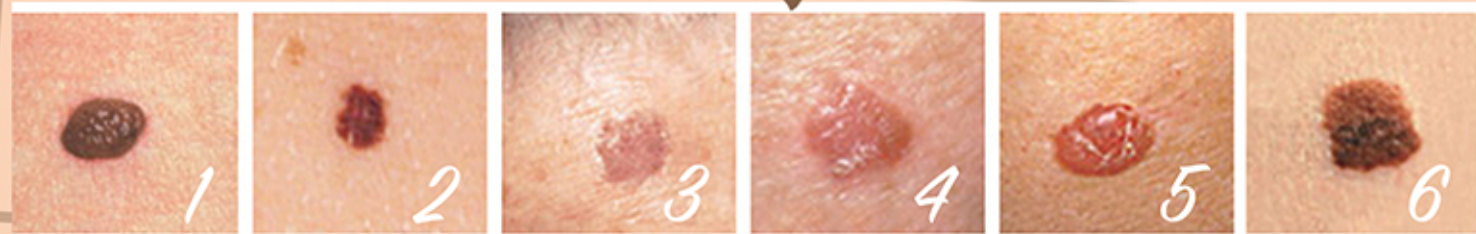
**SSMC STAFF**  
(Southern Sierra Medical Clinic)





*When was your last self-check?*

HAVE YOU SPOTTED ANY OF THESE?



# SKIN CANCER SURGERY

## *including Mohs Micrographic Surgery*

The most common skin cancers, i.e. Basal Cell Carcinoma (BCC), Squamous Cell Carcinoma (SCC), and Melanoma all are typically treated via elliptical excisions. BCCs and SCCs are much more common and usually regular excisions with a 2-3 mm margin beyond the outline of the lesion are adequate in full removal of these cancers. However a procedure called Mohs Micrographic Surgery is the treatment of choice for BCCs and SCCs greater than 2 cm on the trunk and extremities; for recurrent cancers; for cancers that are ill-defined; for BCCs/SCCs that are 1 cm or larger on the face; for cancers on or around lips, eyelids, ears, and nose; and finally for those BCCs/SCCs which have more aggressive histology on the biopsy. With Mohs Micrographic Surgery, as the lesion is removed, a technician present on the premises makes a slide of the piece removed right away and the margins are checked by the physician under a microscope. If the cancer is found to be fully removed, then the area is sutured and the procedure is completed. If the 1st layer removed is

evaluated and shows that the margins are not clear, then a second layer is taken, processed and evaluated; this process is repeated until the skin cancer is fully removed with clear margins. **Mohs Micrographic surgery has the highest cure rate**, and allows us to minimize scarring in important areas like the face. **Mohs surgery is performed weekly at Southern Sierra Dermatology Clinic.**

### *Signs and Symptoms of Melanoma*

#### ABNORMAL

1. ASYMMETRY
2. UNEVEN BORDERS
3. COLOR VARIATION
4. DIAMETER (> 6 MM)
5. EVOLVING (CHANGE IN SIZE, SHAPE AND COLOR)



SIZE



SHAPE



COLOR

#### NORMAL MOLE

1. SYMMETRY
2. EVEN BORDERS
3. COLOR UNIFORM
4. DIAMETER (< 6 MM)
5. NORMAL MOLE



# *The Secret For* **YOUTHFUL SKIN** *By Dr. Lashgari*



**DR. LASHGARI, M.D.**  
Board Certified  
Dermatologist

As our population's average life span increases and people live healthier for much longer, they have become increasingly interested in various

approaches to maintain youthful skin and reverse the signs of aging. I will briefly discuss several options for prevention of aging, for maintaining a youthful skin, and for treatment of the signs of aging.

Studies have shown that **80% of the clinical signs of aging are due to ultraviolet (UV) radiation from the sun.** Hence, the best thing anyone can do for prevention of aging is disciplined, long term, and effective sun protection. In sunny climates, like in Ridgecrest, sun prevention or avoidance is a must to minimize UV radiation, as the major cause of the aging of skin.

Use of broad spectrum sun blocks, wide brim hats, sun protective clothing, and sun avoidance are all important steps in prevention of sun damage. Use of broad spectrum SPF 30+ sun blocks with ingredients such as Zinc Oxide, Titanium Dioxide, Mexoryl, or Parsol 1789 is highly recommended. Although Zinc Oxide and Titanium Dioxide

sunscreens tend to last longer, even the best **sunscreens last at most 2 hours and should be reapplied every 2 hours to be effective.**

In addition to sun protection, certain topical products can maintain one's youthful appearance, or even reverse the signs of aging. Retinoids, like Retinol or Tretinoin (Retin-A®), have been shown in studies to increase skin collagen production and improve the appearance of fine lines and skin texture. There are published data showing the benefits of alpha hydroxyl acids (like glycolic or salicylic acids) and antioxidants (like Vitamin C) as well. Data is much more sparse for ingredients such as alpha-lipoic acid, Green Tea, Coenzyme Q-10, stem cells, etc., and their efficacy and use is more controversial.

Lastly, there are procedures which can be performed to reverse the signs of aging. Botox® injections typically help ameliorate the lines around the eyes and forehead; Juvederm® or Restylane® can improve the lines around the mouth; fillers such as Sculptra® or Voluma® can improve the hollowness or looseness of skin that we can all experience in the cheeks as we get older, hence giving a slight 'lift' in the cheeks. Finally, there are lasers and devices which can erase wrinkles or tighten skin. We welcome you to the Southern Sierra Dermatology Clinic to discuss the various options and any questions you may have.







MOLLUSCUM  
CONTAGIOSUM



## Most Common

# SKIN CONDITIONS

## *in Ridgecrest (continued)*

**The second common skin condition which is seen frequently in the Ridgecrest community is eczema.** There are various forms of this condition such as atopic dermatitis commonly seen in children (runs in families with hay fever and asthma), asteatotic dermatitis due to inflammation in the skin brought on by extremely dry skin, nummular dermatitis where people get itchy oval or round patches most commonly on the extremities, and finally hand (and occasionally foot) eczema from excessive hand washing or exposure to irritants. The dry climate of Ridgecrest of course contributes adversely to these skin conditions.

**Treatment of eczema consists of:**

- Taking oral antihistamines (e.g., Zyrtec, Claritin, Allegra, or Benadryl)
- Prescription topical steroid creams
- Dry skin care regimen

### WHAT ECZEMA LOOKS LIKE



**The third quite common skin conditions we see in our community are viral infections like warts and molluscum contagiosum.** We are all familiar with warts which are caused by the human papilloma virus (HPV). There are many strains of this virus and certain specific strains cause warts on the hands and feet. These

lesions can be quite difficult to treat. People have tried many over the counter treatments such as acids or duct tape versus physician treatments like cryotherapy (liquid nitrogen) treatments. Cryotherapy can be quite effective if done properly by a physician; however, even with proper treatment, several treatment sessions one month apart may be necessary to eradicate the warts. Sometimes warts can be quite large, like on the bottom of the feet, i.e., plantar warts. It is occasionally necessary to reduce the size of these warts via an 'ouchless' home remedy regimen for several weeks, before cryotherapy is performed. Finally, in children sometimes, cryotherapy is not tolerated and various topical regimens are tried and can be effective.

Lastly, another common viral skin infection is molluscum contagiosum caused by the human pox virus. It is commonly seen in children, where the kids pass it to each other at school; it is more common in children who have eczema, or other skin conditions which compromise the skin. This condition presents with small, shiny bumps with a central umbilication and whitish plug. Children usually spread the lesions by scratching them. Presentation with Molluscum lesions can be quite extensive, so many times we initially treat the kids with different creams to eradicate or at least reduce the number of lesions, as children don't tolerate cryotherapy well when the lesions are extensive. Cryotherapy is ultimately the treatment of choice. Both Warts and Mollusca should be treated early in their presentation. As they get larger or more extensive, treatment of these contagious lesions becomes more difficult.





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**SP SQUAREPRINT**  
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# *Giving Back*

## 6TH ANNUAL AUCTION & DINNER

**FRIDAY, OCTOBER 7TH  
AT THE KERR MCGEE CENTER**

5:30 - 6:30pm: Cocktails (no host)/Silent Auction  
6:30 - 7:30pm: Dinner  
7:30 - 8:30pm: Live Auction  
8:30 - 10:30pm: Music and Dancing

**TICKETS ON SALE  
AUGUST 1ST  
\$35**

FOR MORE INFORMATION, CONTACT RIDGECREST REGIONAL HOSPITAL HOSPICE SERVICES (760) 499-3617 | 1653 TRIANGLE DRIVE

For More information on the Healthy LOOKout, visit [www.healthylookout.com](http://www.healthylookout.com)  
or contact Tera Moorehead at Ridgecrest Regional Hospital  
(760) 499-3825 - [tera.moorehead@rrh.org](mailto:tera.moorehead@rrh.org)