



THE SALLY BALIN MEDICAL CENTER

JANUARY 2009

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SALLY BALIN MEDICAL CENTER

Specializing in:

**Dermatology.
Cosmetic Surgery
and
Longevity Medicine**

Dr. Arthur K. Balin

Dr. Loretta Pratt

Dr. Thomas Griffin

MEET THE DOCTORS

Arthur K. Balin, MD, PhD, FACP

Dr. Balin has many varied scientific and medical interests. The traditional areas include dermatology, cosmetic surgery and MOHS Micrographic Surgery. Dr. Balin is one of the few doctors in the United States to have seven board certifications: Dermatology, Dermatopathology (the identification and analysis of skin diseases on a microscopic level), Internal Medicine, Geriatric Medicine, MOHS Micrographic Surgery and Cutaneous Oncology (specialized treatment of skin cancers), Dermatologic Cosmetic Surgery and Anti-Aging Medicine. He is a leader in dermatologic and cosmetic surgery. He is also interested in

alternative medicines and is licensed in medical acupuncture and is a certified hypnotherapist.

Dr. Balin also runs a research and development company aimed at understanding the mechanisms causing the aging process and is developing approaches to retard human aging. He uses the laboratory to investigate medical questions of interest and to develop new therapies.

Recent projects have involved growing human stem cells from liposuction fat cells and restoring youthfulness by injecting purified stem cells into the facial muscles, this restores volume loss caused by aging. This

is called the FAMI technique.

Dr. Balin is married to Dr. Loretta Pratt and they have 2 children, Allison 15, and Ben 14. Dr. Balin's oldest son Sam is completing his MD, PhD at the Mayo Clinic in Rochester, MN.



Arthur K. Balin, MD, PhD, FACP



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Skin cancer is the most common form of cancer in the United States.

EARLY DETECTION IS SUREST WAY TO A CURE

Develop a regular routine to inspect your body for any skin changes. If any growth, mole, sore or skin discoloration appears suddenly or begins to change, see your dermatologist. Each of the skin cancers can be treated if detected early.

Schedule your appointment today—

610-565-3300.

YOUR SKIN IN WINTER

Sun protection may not be the first thing on your mind once the thermometer drops, but shielding your skin from UV during the coldest months will pay dividends year-round. Read on for the The Skin Cancer Foundations' guide to great winter skin.

When it's Windy.....

A moisturizing sunscreen can treat dry, chapped skin while it protects against the sun's harmful ultraviolet (UV) radiation. Deborah S. Sarnoff, MD, Associate Clinical Professor of Dermatology at NYU School of Medicine and a dermatologist in private practice, recommends "avoiding any preparations with alcohol, because they may be too drying." And since wind can thin sunscreen be sure to reapply one once or two tablespoons, of sunscreen to all exposed areas every two hours.

When it's Cold....

Hats with 3-inch brims shade your head, face and neck. A good portion – possibly more than half – of the heat generated by your body is lost from your head, meaning that a broad-brimmed hat is not only sun-safe and fashionable, but it keeps you warm, too! Be aware that if you wear a knit cap, you'll only protect the top of your head and your ears.

When it's Cloudy....

Up to 80 percent of the sun's UV radiation can penetrate clouds, so don't neglect sun protection even on overcast days.

And When it's Sunny:

A Winter Break Warning

If winter has you planning a getaway to warmer climes, don't be fooled into thinking that your best preparation is a so-called "base tan." A tan is a sign that sun damage has already occurred. Trying to protect your skin from burning by subjection it to damage from cancer-causing UV tanning lamps is simply self-defeating. Wear sun-protective clothing and slather on sunscreen with an SPF of 15 or higher for a sunny and safe winter break.

If you still think it's not a vacation without a tan, go for the glow with non-UV self tanning products. But not all self tanners provide UV pro-

tection, so they must be used with sunscreen. Even if they do include sunscreen the next time you're out in the sun.

When on Vacation....

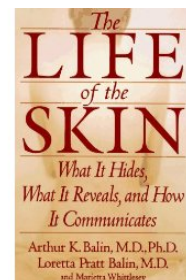
Intermittent, intense sun exposure – the kind you get when you shed your winter coat for a swimsuit on vacations without using adequate sun protection – puts you at higher risk for developing both melanoma, the deadliest form of skin cancer, and basal cell carcinoma, the most common skin cancer. Beach holidays also present another threat: Sand and water REFLECT UP TO 80 percent of the sun's radiation, adding to the intensity of exposure.

Finally, it's not just tropical trips that are dangerous – snow and ice reflect the sun's radiation, too, adding to your exposure. And for every 1,000 feet of altitude, *(continued on page 3)*



Snow and ice reflect the sun's radiation

Did you know...
40% of basal cell carcinomas on the head and neck are on or adjacent to the nose.



"By skillfully interweaving patients' stories with scientific explanations, the Balins illuminate the workings of the body's largest sensory organ and also provide a marvelous glimpse of doctors at work."

--The Washington Post

FAST FACT

People who have had non-melanoma skin cancers like basal or squamous cell carcinoma, the two most common forms of skin cancer, have approximately double the risk of developing other kinds of cancers.

YOU SKIN IN WINTER (CONTINUED)

you're exposed to an extra 8-10 percent of UV radiation. If your trip is a winter sports' lover's dream, wear wraparound sunglasses (the kind that shade a lot of skin next to your eyes) with 99-100 percent UV protection, and save both your eyes and skin.

For more information, Visit Prevention Guidelines at www.skincancer.org/prevention-guidelines.html.

The Skin Cancer Foundation

**MEET THE STAFF
Pat Nash, RN,
Director of Nursing**



Pat joined SBMC in 1997 and has worked tirelessly to ensure the best of care for our patients. Nurse, mentor and trainer, SBMC is honored to have her as Director of Nursing.

Thank you.....

Throughout the Holidays, patients and friends of the practice sent in many special treats and home made goodies. We would like to thank each and every one for their thoughtfulness and generous spirit

Visit our online store... www.LongevityResearch.com to purchase products or make a donation to the Longevity Achievement Foundation

**12 WAYS TO PROTECT YOUR SKIN AND PREVENT SKIN CANCER
BY LESLIE PEPPER, GOOD HOUSEKEEPING, JUNE 2008**

1. All doctors are not created equal:

When researchers from Emory University School of Medicine looked at the records of more than 2,000 melanoma patients, they found that those whose growths had been diagnosed by a dermatologist were more likely to have early-stage cancer – and to survive their disease – than those who'd been diagnosed by another kind of doctor

2. So-called harmless basal cell cancers aren't always so harmless:

A million new cases found each year, about 5 to 10% can be resistant to treatment, recurring over and over and requiring more extensive surgery. And some basal cells can be very aggressive, damaging the skin around them and even invading bone and cartilage.

3. Your daily coffee fix may help you fend off skin cancer:

For each cup of caffeinated java that you drink every day, there's a 5 percent drop in your odds of developing non-melanoma skin cancer later in life.

4. You can see a dermatologist for wrinkles a lot faster than for mole checks:

Researchers posing as patients called more than 800 dermatologists to see

how long it would take to get different kinds of appointments. When "patients" asked for a Botox treatment, the typical wait was eight days. But when their request concerned a changing mole, it went up – to 26 days, on average.

5. SPF is only half the story:

The FDA has proposed a new sunscreen rule that would include label revisions for UVA. To check if a product fits the bill, look for UVA-screening ingredients, including avobenzone (Parsol 1789) and ecamsule (Mexoryl SX). Or use zinc oxide or titanium dioxide, which are physical blocks that protect against all rays.

6. If you live in Fargo, ND, and always use sunscreen, your risk of melanoma can be greater than your friend's in Miami:

In a recent study, they found that the unexpected connection applies mainly to people with fair complexions in northern latitudes (north of Philadelphia or Boulder). Bottom line: Whatever your

latitude, you need to practice sun-safety measures.

7. You're not fooling anyone with your tanning-bed habit – especially your skin:

Despite what the salon receptionist may say, there's no evidence that browning yourself in a bed is any safer than doing it at the beach. The numbers tell the story: People who frequent tanning salons are 2.5 times more likely to develop squamous cell cancer and 1.5 times more likely to develop basal cell.

Exposure to tanning beds before age 35 significantly increases your risk of melanoma.

8. Like children, skin cancers don't always follow rules:

The ABCDE rules for melanoma have been well publicized, but not all melanomas conform. One type, amelanotic melanoma, for example, has no brown or black. Another kind, nodular melanoma, is often



The Sally Balin Medical Center

dedicated to Sally Balin 1924-1997

A Woman of Courage, Wisdom and Integrity Whose Foresight and Love Helped to Bring The Dream of This Medical Center to Reality

We are on the web...

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SBMC

Medical Day Spa

Is your skin feeling the effects of winter? Schedule a free 15 minute consultation with one of our aestheticians. She will analyze your skin and your skin care products.

Also, take advantage of our winter specials effective until the end of March, 2009....

- 20% off Laser Hair Removal and Photofacials
- 20% off Microdermabrasion Series and Light Peel Series
- 15% off Facials
- 15% off Obagi Blue Peel
- 15% off Micropigmentation (semi-permanent make-up)

Plus - Refer a friend and receive an additional 15% off one of the above procedures.

We now have 3 aestheticians —Jane Marie D'Amato, CMES, Director of Aesthetics, Jean Jordan, CMES, CIDESCO diplomat and Rita Adkins, LPN, CMES.

Call for your appointment today and receive a free sun damage screening!

610-627-2626

12 WAYS TO PROTECT (CONTINUED FROM PAGE 3)

symmetrical, with fairly regular borders and few colors. And invasive melanomas can be smaller than six millimeters — the guideline in the ABCDE rules. The rule for you: Don't dismiss an odd-looking or changing mole — show it to a dermatologist.

9. If you're dark skinned, skin cancer is far less common — and far more likely to be fatal: Hugh Gloster, M.D., associate professor of dermatology at the University of Cincinnati found that non-Caucasians are far more likely to develop melanoma on the soles of the feet and palms of the hands than

on areas that are more heavily sun-exposed like the face and chest. Since UV rays do play a part in all skin cancers, and basal cell is an equal-opportunity enemy, people of all skin shades need to protect themselves in the sun.

10. You really can get skin cancer where the sun don't shine: The same human papillomavirus (HPV) that's responsible for cervical cancer can cause squamous cell carcinoma of the genitals. Women were particularly vulnerable; roughly three times as many females as males died of this cancer.

11. Your husband may not be much help around the house, but when it comes to skin cancer, he could be a lifesaver: Working with a partner significantly ups the regularity of skin exams. Previous studies have found that melanoma deaths could be lowered by as much as 63 percent if people performed monthly self-exams.

12. Painted toes look pretty, but what lies beneath may be deadly: Melanoma of the foot can hide under and around the nails and between the toes. If you polish your toes, remove the color at least once a month and inspect your whole foot, including the sole.



Protect your skin
Photo by: PhotoAlto Photography/Veer

Give us your suggestions for future issues.....

Contact: drcini@balin.com