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Dr. Judge's profile
in *NewBeauty*®



June 2011 Newsletter

VitaliaMed® Spa Specials

Keep it light this summer with
VitaliaDerma's [Moisture Light Moisturizer](#) 20% off.

Treat your husband or father to our [Gentlemen's Facial](#)
and they will receive a free skin care travel kit.

Get [BOTOX](#) for your crow's feet and receive 25% off
[OBAGI's Elastiderm Eye Cream or Gel](#).

Also, make sure to check out Dr. Judge's featured product,
[Hydra Firm Eye](#), in *NewBeauty*.



Additives That SHOULDN'T Be in Your Sunscreen:

- PABA: Can cause strong skin irritations.
- Oxybenzone: Can cause hormone changes and brain development problems in lab rats.
- Vitamin A (retinyl palmitate): Can cause biochemical or cellular level changes.
- Parabens: Can imitate hormones and cause cellular changes.

There has been research done on these common sun care additives and studies have shown that they can actually increase your chance of certain melanomas, hormone changes, allergies and wrinkles!

When choosing a sun care product make sure it is a broad-spectrum sunscreen with at least SPF 30, and look for the following ingredients to block out additional UVA and UVB rays: avobenzone or Parsol 1789, ecamsule or Mexoryl, titanium dioxide and zinc oxide.

Early detection is key just remember **ABCDE**:



One half is unlike the other half.



An irregular, scalloped or poorly defined border.



Is varied from one area to another; has shades of tan, brown, or black; or is sometimes white, red or blue.



Melanomas usually are greater than 6mm (the size of a pencil eraser) when diagnosed, but they can be smaller.



A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

What do you know about Skin Cancer?

Skin cancer is growing to be the most commonly diagnosed form of cancer than all other cancers combined. Knowledge is the best way to protect yourself this summer. Here are a few facts about different forms of skin cancer:

Basal cell carcinoma is the most common form of skin cancer. It will normally appear as a nodule, eczema-like patch or thickening of skin. It generally occurs in older individuals, but may occur in young adults and even children. Treatment for BCC has a very high success rate, but those with one basal cell carcinoma have a greater risk of developing others.

Squamous cell carcinoma is the second most common type of skin cancer. These usually come from pre-cancerous lesions known as actinic keratosis. This type of skin cancer does hold a greater risk and affects more than 250,000 American's each year. When completely treated, the cure rate is greater than 95%. These lesions tend to occur more often in males than females.

Malignant Melanomas are the most dangerous types of skin cancer. These originate in moles where there is hyper-pigmentation of the skin. They normally appear as dark brown, black or multi-colored growths with irregular borders that can become crusted and bleed. 1 in 5 Americans will develop skin cancer and at least 90% of those are caused by overexposure to the sun. An estimated 8,700 people will die from melanoma this year.

Protect your skin this summer, DON'T FORGET THE SPF!

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