

# *Skin Speaks*

*Skin Wellness Center of Chicago E-Newsletter  
May Issue*

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Greetings!

Welcome to the SWCC's May e-newsletter. We want to keep you in the loop on the latest and greatest of the office happenings and news.

Did you know May is Skin Cancer Prevention month? Below are a few pointers on how to prevent and detect skin cancer, plus a few news items.

Sincerely,

Brooke Jackson, M.D.

Medical Director, Skin Wellness Center of Chicago



## **Staff Note**

It has been a busy spring. I just completed my 3rd book chapter on skin cancer in ethnic skin and recently attended the MOHS skin cancer surgery medical conference in New York City. While I was there I squeezed in some time to meet with a handful of writers at national publications like *Ladies' Home Journal*, *Seventeen*, *Essence* and *People* spreading the word on proper skin care. Here's a picture of me with *People* beauty editor Pamela Edwards-Christiani.

Also, you can check out an article I recently commented on concerning the Sun and Skincare in [Woman's Day \(May issue\)](#).



## Skin Cancer 101

May marks Skin Cancer Awareness Month. Did you know that one in five people will develop skin cancer in their lifetime? Some risk factors include significant sun exposure, tanning, working outdoors and family history. While most skin cancers do occur in people with fair skin, those with darker skin are NOT immune. Bob Marley died of a melanoma! Fortunately, skin cancer is almost always curable if detected and treated early. Sadly, skin cancer is more deadly in darker skin since it is often diagnosed too late.

The most common skin cancers are:

**Basal cell carcinoma(BCC)** - the most commonly diagnosed form of skin cancer accounting for 80-85% of all skin cancers. Basal cell carcinoma affects cells in the lowest layer of the epidermis and grows toward the surface of the skin. When diagnosed early, the cure rate is very high. Former Presidents, Bill Clinton and George Bush have both had BCCs.



**Squamous cell carcinoma(SCC)** - 10% of all skin cancers. Squamous cell carcinoma affects cells in the middle layer of the epidermis and is also highly curable when treated early however, if left untreated SCC can spread to other organs. This is the skin cancer more commonly seen in people of color. It can also occur in areas of prior trauma or irritation such as burn injuries or sites of radiation. Any non healing lesion should be evaluated to rule this out.





**Melanoma (MM)** While MM is less common, it is responsible for the majority of skin cancer deaths. Although it spends very little time in the skin and has a propensity to spread to other areas of the body. When diagnosed early, it is also highly curable.



Please make your appointment for your skin cancer screening today! 312 236 9950

### **Skin Cancer...Now What?**

With such a high rate of skin cancer in our society, chances are sometime in your lifetime someone close to you will be diagnosed with skin cancer. Below are some tips on how to move on after treatment.

- **Become Your Best Advocate.** It's critical to fully understand the diagnosis and treatment plan. There are plenty of resources available online, including the American Cancer Society and Skin Cancer Foundation. Always seek treatment with a board certified dermatologist.
- **Become Vigilant about Sun Protection.** This means complete head to toe coverage. Be smart - stop any risky behaviors like visiting a tanning salon!
- **Become BFF's with your Derm.** Seeing a board certified dermatologist is a must! People with a history of melanoma should be seeing a dermatologist every three to four months and should never go longer than six months without having a full skin exam.



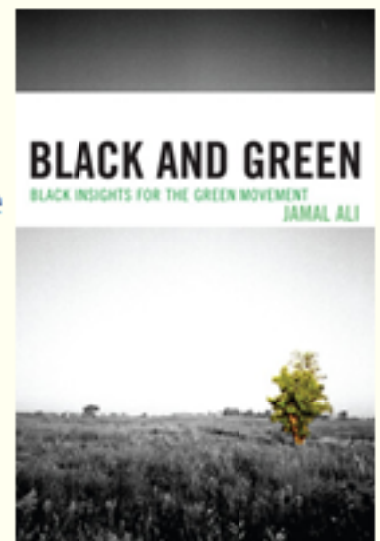
- **Get to Know your Spots.** Many patients diagnosed with skin cancer often find the lesions themselves. Pay particular attention to any growth or spot on your body that is behaving differently, bleeding, not healing as it should, changing color or is otherwise concerning and have it checked out!

- **Enjoy Life.** There is no reason to stop smelling the roses and enjoying outdoor life, if this is what makes you happy, just do it safely. Consider a run in the morning, wear a hat, re-apply sunblock every two hours and wear sun protective clothing.



### Patient Spotlight: Jamal Ali

Every month, we like to profile a patient making an impact in the community. This month we're featuring Jamal Ali, author of *Black and Green: Black Insights for the Green Movement*. The book is a call to action for the black community to join the green movement. It offers insights, ideas, and strategies that demonstrate how the community can benefit from this movement and also fuel the "go-green" effort.



Below are some quick tips from Jamal for making a transition to a "green" lifestyle:

- Take showers instead of baths; showers use less water - this is also better for your skin!
- Install a low-flow shower head to further save on water consumption
- Install a programmable thermostat to improve heating/cooling efficiency
- Have an energy audit done on your home
- Wash clothes in cold water; replace chlorine bleach with 1/4 cup hydrogen peroxide

For more information on Jamal or his new book, please visit [Black and Green](#).

Want more? You can find the book at Amazon and Barnes & Noble!

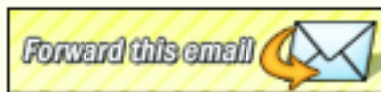
This concludes our e-newsletter, *Skin Speaks!* Be sure to scroll below for some special offers for readers of *Skin Speaks*.

If you have any questions or news to share on this e-newsletter or need more information, please call our office at 312-236-9950 or drop us a note at SWCC, 111 N. Wabash Suite 1116, Chicago, IL 60602 Attn: E-newsletter.

Thank you,

Brooke A. Jackson, M.D. and the SWCC team

P.S. As I always say, "Don't forget your sunscreen!"



## Weddings and Reunions! 10% off of botox and fillers

**consultation required**

not to be combined with any other offer. offer expires june 30, 2010.  
must bring coupon with you on day of treatment

## Just in time for Father's Day!

### GLYCOLIC TREATMENT FOR SHAVING BUMPS

\$75 single or \$200 for 3 treatments  
30 min.

Great gift for the "dad" in your life who has trouble shaving. This glycolic peel exfoliates and soothes those pesky shaving bumps. Our esthetician will develop a

custom at home skin care regimen to maintain the benefits of these treatments.

**not to be combined with any other offer**

## **May/June Early Summer Special**

**10% off of any quoted series of microderms or chemical peels**

must have valid fee quotation

**not to be combined with any other offer. offer expires 6/30/10.**