

DOCTORS AT WATER'S PROMOTE EARLY SKIN

VIM Clinic is pleased to be able to offer its patients specialist dermatology care through the volunteer efforts of the physicians, Nurse Practitioners and Physician Assistants at **Water's Edge Dermatology**, including the community's foremost dermatologists: **Dwayne Montie, D.O.** and **Ted Schiff, M.D.** The importance of the care and treatment provided by Drs. Schiff and Montie cannot be stressed enough. Over one million cases of skin cancer are diagnosed in the U.S. every year and that number is on the rise, at a rapidly increasing annual rate.

Common forms of skin cancer Drs. Montie and Schiff encounter include:

Actinic Keratoses (AK), also known as solar keratoses, is considered to be the earliest stage in skin cancer development. AKs appear as small, scaly spots, most commonly on the face, ears, neck, forearms, scalp and the backs of hands. Treatments include cryosurgery, topical chemotherapy, chemical peeling, dermabrasion, laser surgery, and other dermatological surgical procedures. Proper sunscreen usage is key to the prevention of AKs, even after sun damage has already occurred.

Basal Cell Carcinoma (BCC), the most common type of skin cancer, often appears as a fleshy bump, a nodule or a red patch, and is most frequently located on the head and neck or on the trunk and lower limbs. Fair-skinned individuals are most at risk for BCC. While BCCs rarely metastasize, if left untreated, this form of skin cancer will begin to repeatedly bleed and crust over, and can extend to the bone and nerves, causing extensive local damage.

WATER'S EDGE
DERMATOLOGY

DWAYNE MONTIE, D.O.

Dr. Dwayne Montie began his early career as a Distinguished Military Graduate of the University of Connecticut, with a BS degree in Exercise Physiology. His military service included: serving in the United States Army as a Combat Medic with the First Infantry Division during Operation Desert Storm, as an Airborne Ranger in the 505th Parachute Infantry Regiment, 82nd Airborne Division, and as an Aide de Camp to the Commanding General, Brooke Army Medical Center. As a graduate of Kansas City University of Medicine, Dr. Montie completed his residency in family medicine at Columbia University, where he served as Chief Resident, and was awarded the Resident of the Year Award in 2001. Dr. Montie resides in Stuart with his wife Sandra and their daughter.

BEING SUN SMART

- ☀ Before sun exposure, generously apply water-resistant sunscreen of at least SPF 15. Re-apply every 2 hours, after swimming or sweating, even if cloudy.
- ☀ Wear protective clothing and seek shade when appropriate.
- ☀ Protect children with proper clothing, by playing in the shade and using sunscreen of SPF 15 or higher.

EDGE DERMATOLOGY CANCER DETECTION

As with all forms of cancer, early detection is key. In the case of skin cancer, if a growth, mole or sore suddenly appears, or if it begins to change, it is important to see a dermatologist immediately. Having an annual skin examination by a dermatologist is highly recommended, especially for adults with significant past sun exposure or a family history of skin cancer. The most preventable risk factor for melanoma is sun exposure. The best way to avoid excessive sun exposure is to be "sun smart."

Squamous Cell Carcinoma (SCC) is the second most common skin cancer. SCC is found primarily in fair-skinned people, and rarely in those with darker complexions. It may appear as a firm bump or a red, scaly patch, typically located on the rim of the ear, on the face near the mouth, or on the trunk. SCC can develop into large, invasive masses which eventually lead to local tissue destruction.

With early detection, the cure rate for both BCC and SCC is 95%.

Malignant Melanoma is the most deadly form of all skin cancers, claiming the lives of more than 8,000 Americans each year. It may appear quite suddenly, or it may begin in or near an existing mole, or another dark spot on the skin. It is important to know the location and appearance of any existing moles, in order to be able to detect changes early. Malignant melanoma often appears in mixed shades of tan, brown and black. It can also be red or white. While in the curable stage, early forms of this skin cancer can be removed; however, it readily metastasizes, making early detection essential in increasing survival rates.

ON THE TREASURE COAST

- ☀ Use extra caution near water, snow and sand, as they reflect the damaging rays of the sun.
- ☀ Get adequate amounts of vitamin D safely through a healthy diet, which can even include vitamin supplements.
- ☀ Avoid tanning beds.
- ☀ Perform periodic self-exams and remember to check your "birthday suit" on your birthday!

TED SCHIFF, M.D.

Dr. Ted Schiff, who is certified in both Dermatology and Dermatopathology, is dedicated to helping Volunteers In Medicine Clinic's patients in the prevention, diagnosis and treatment of skin cancer. Dr. Schiff grew up on Long Island, New York, attended Emory University in Atlanta, Georgia and completed his residency at New York University. Dr. Schiff began his career on the Hawaiian Island of Kauai, where, for 18 months, he was the only dermatologist on the island. His advanced training and second board certification enables him to examine skin biopsies microscopically, without having to send them to a third party for analysis. When Dr. Schiff is not busy taking care of his patients, you are likely to find him on a fishing expedition.

Ted Schiff, M.D.
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