

Choose your cover

While the chance of having skin cancer is one in five in your lifetime, it can easily be prevented by following these tips:

- Seek shade, especially during the midday, when UV rays are the strongest.
- Protect exposed skin by covering up.
- Wear a hat with a wide brim.
- Use a sunscreen with a SPF of at least 15 or higher and has both UVA and UVB protection.



Skin Cancer Awareness

Skin cancer, the most common type of cancer, accounts for one-half of all new cancers. Ultraviolet radiation from the sun's rays is the primary cause. No matter what your skin type, race, or age, you are at risk unless you protect your skin. Your risk may be even greater if your skin is fair and freckles easily, you already have a large number of moles, or you have a family history of skin cancer.

Basal cell, squamous cell, and melanoma are the three

most common skin cancers. Knowing how to recognize them is crucial. Basal and squamous cell carcinomas may start as a small pink or white nodule or bump. It can be smooth, shiny, waxy, or pitted on the surface. It may appear as a dry, rough red patch. A firm red bump that forms a crust, or a sore that doesn't heal may also be present. Melanoma may be noted by a change in the shape, size, or color of an existing mole. Another indication may be an area of normal skin that suddenly

has a new growth.

Knowing your skin and examining it regularly is the most important thing to remember. Start at the top of your head and work down to the soles of your feet. Don't forget your back! Early detection and treatment is key, so if you notice anything unusual on any part of your body, have it checked by your doctor or plastic surgeon.

Protection Explained

Knowing how to protect your skin and what products to use can be frustrating and confusing. What are UVB and UVA? And what exactly is this SPF everybody says is so important?

UV (ultraviolet) rays are actually radiation produced from the sun. UVA rays have long wavelengths and penetrate deeper into your skin. These are the rays that are responsible for premature aging and skin cancer. They are so strong that they can actually pass through window glass. UVB

rays have short wavelengths and are mainly responsible for sunburns, but can also cause skin cancer. UVB rays are blocked by window glass.

SPF (sun protection factor) measures the length of time products protect your skin from reddening. Sunblocks deflect UV rays and sunscreens absorb them. If a product has a SPF of 15, it will protect your skin 15 times longer (about 5 hours) than using no protection at all. Reapplying sunscreen at least every two hours and

after swimming is recommended to maintain the SPF.

Great Lakes offers a range of advanced skin care products that can help you protect your skin from the damaging effects of the sun or revitalize skin that is already damaged. Call our office today to schedule a consultation with our licensed professional. You will receive a personalized evaluation to help you keep your skin healthy and beautiful!

PCA Professional™ Products
There's Science Behind It®

PCA
Advanced Skin Care Systems

Look for our specials in the Kalamazoo Gazette, the Kalamazoo Flashes, and the Battle Creek Shopper, or visit our website at www.gplasticandhandsurgery.com



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The Latest in Lasers

With summer fast approaching, many of you have one thing on your mind: body hair. Shaving can be a hassle, and waxing can be a pain! Great Lakes offers IPL (Intense Pulsed Light) laser hair removal treatments, a proven and effective way to permanently reduce hair

growth. Treatments can be customized according to hair color, texture, and location. Programs are individually designed to give estimates of how many treatments may be needed. Men and women alike are taking advantage of this unique, gentle, non-invasive resolution to

unwanted hair on the face, legs, bikini line, back, or any other body area. Our Laser Certified Technician will tailor a program to treat your individual needs and ensure the best possible outcome. Call our office today to schedule your consultation and get started with IPL!

About Our Surgeons

Scott D. Holley, MD, FACS, and Raghu G. Elluru, MD, FACS are dedicated to their patient's wellness and health. It is important to them to customize a treatment plan that will suit each patient individually and

meet that patient's needs and desires. Both surgeons hold certifications with the American Board of Surgery and the American Board of Plastic Surgery. They each maintain a Certificate of Added Qualification in Hand

Surgery and are affiliated with many professional organizations. Drs. Holley and Elluru, along with their experienced staff, welcome you to Great Lakes Plastic and Hand Surgery.



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