

# No Bones About It

## Summer 2014

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### Our Subspecialties:

Shoulder & Upper Extremity  
Hand & Wrist  
Spine & Non-Surgical Spine  
Hip & Knee  
Foot & Ankle  
Sports Medicine  
Total Joint Replacement & Revision  
Trauma  
Plastics & Reconstruction  
Podiatry

### Main Location:

Marquette  
1414 W. Fair Avenue, Suite 190  
Marquette, Michigan 49855

### Other Locations:

Escanaba      Munising      L'Anse  
Ishpeming      Newberry

## Summer Sun Protection

By Nathan S. Taylor, M.D.

*Hand & Wrist/Plastics & Reconstructive  
Surgery Specialist*

Now that summer is upon us we can all enjoy the outdoor sports and activities for which the U.P. is known. While basking in the sun is beneficial for improving one's mood and necessary for vitamin D production, it is important to protect yourself from the sun's damaging effects and mitigate your risk for skin cancer and premature skin aging.

Basal cell carcinoma (BCC) is the most common form of skin malignancy and is responsible for more than 75% of skin cancers in the United States while squamous cell carcinoma (SCC) accounts for 20% of skin cancers. Chronic sun and ultraviolet (UV) light exposure are the main causes for both; therefore these lesions typically arise on sun-exposed parts of the body: the scalp, face, ears, neck, shoulders, chest and back. Individuals with a compromised immune system are also at greater risk due to their diminished ability to repair DNA-damaged cells. These malignancies can appear as raised, scaly, ulcerated, lesions with a red-colored base that may occasionally bleed (especially if irritated by picking or scratching at them) but never seem to heal. The third most common form of skin cancer, malignant melanoma, comprises 4% of all skin cancers.

The great majority of melanomas are pigmented and physicians employ the ABCDE criteria for recognition of suspicious pigmented lesions: **A**symmetry, **B**order irregularity, **C**olor variegation, **D**iameter > 6 mm, and **E**volution. While many benign lesions may fulfill any one of these criteria, a suspicious pigmented lesion with a history of recent change, bleeding, or itching should be biopsied. Diagnosis is confirmed with a biopsy that is performed in the office, and complete excision is the definitive treatment. Complete removal of the skin cancer can typically be performed in the office setting under local anesthetic, however some lesions may require removal in the operating room if deemed necessary by the surgeon due to the size or location of the lesion.

There are two kinds of ultraviolet (UV) rays, called UVA and UVB. Both contribute to sunburns, sun-damaged skin, premature aging and skin cancers. All sunscreen products offer protection against UVB rays, which are the primary cause of sunburns. However, new FDA regulations that took effect in 2013 have improved consumer knowledge of sunscreens and their effectiveness. One of the most important requirements has been testing and labeling that identifies sunscreens that are "broad spectrum," meaning they offer protection against *both* UVB and UVA rays. It is also important to

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note that SPF ratings are based on a thick application of sunscreen, amounts typically not used by the average sunbather, which is typically only half of the amount tested by manufacturers. As a general rule, adults should apply 3 tablespoons of sunscreen every two hours, and reapply after being in the water or sweating profusely (even with the waterproof brands). The best protection is obviously minimizing your exposure to the sun, especially from 10 a.m. to 2 p.m., when the sun's rays are most intense. Regular clothing is good protection when it is dry but offers minimal protection when it is wet, so consider special clothing with an ultraviolet protection factor (UPF) of 40-50 for children or individuals who are going to be in and out of water frequently.

Spending time in the sun increases the risk of skin cancer and early skin aging. To reduce this risk, one should regularly use sun protection measures including:

- Use sunscreens with broad-spectrum SPF values of at least 30-50 regularly.
- Limit time in the sun, especially between the hours of 10 a.m. and 2 p.m.
- Wear clothing to cover skin exposed to the sun: long-sleeved shirts, pants, sunglasses, and broad-brimmed hats.
- Reapply sunscreen at least every 2 hours, more often if you're sweating or jumping in and out of the water.

As a plastic surgeon, I am experienced with the diagnosis and treatment of skin cancers. **To schedule an appointment, please call (906) 225-1321.**

## Tips for the Aging Gardener

By Diane Reetz, MS, PT

Gardening is very often overlooked as an appropriate, low impact activity for the aging population. But gardening can be both beneficial and therapeutic for those who love to be outside and get dirty. It can increase energy, help keep people in touch with their senses and help maintain mobility and flexibility. Also, the multi-tasking required in a garden (watering, weeding, pruning, harvesting) can help stimulate the brain, promote prioritization and work on focus and concentration to get tasks done. Being outside exposes you to fresh air, vitamin D, encourages relaxation and can help reduce stress. Best of all, gardening can result with delicious benefits, give the gardener a sense of accomplishment at harvest time, and improve nutrition to boot!

Here are some helpful tips to keep in mind...

- Keep garden plots a manageable size. This helps keep it from getting discouraging or unmanageable.
- Try container or raised gardens. These can minimize bending required to care for them and creates a place to sit while gardening. Raised beds should also be narrow, so the amount of reaching is reduced. Containers should also be kept light, with well-draining soil and casters applied to the bottom to ease the effort required to move them.
- Grow vine type plants, like cucumbers and tomatoes, on trellises to make pruning and harvesting easier.
- Use soaker hoses for watering to avoid the strain of handling watering cans or heavy hoses.
- Paint or wrap gardening tools with bright tape to help make them easier to see and find after putting them down. Also, wearing a carpenter's belt can help you keep track of them and keep them handy.
- Use gardening tools with larger handles, that provide better grip and more leverage and are ergonomically correct. Keep proper body mechanics in mind also.
- Try using a stool, bench or chair to avoid constant stooping, bending or squatting.
- If having trouble handling small seeds, seed tape or mats are available to help plant.
- Avoid being out in mid-day heat as the elderly have a lowered ability to handle heat and becoming dehydrated can be dangerous.
- Wear lightweight, light colored clothing and a brimmed hat to avoid excessive sun exposure.

So don't retire that green thumb yet! There are still plenty of seeds to be sewn!

## Business Corner

**Have a work- or auto-related injury? Remember to provide us your claim number, employer, date of injury, and the name of your case worker or adjustor. This will insure your information gets in the right hands and your claim is processed smoothly.**