

# THE SALLY BALIN MEDICAL CENTER

2009

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## MEET THE DOCTORS

### Loretta Pratt, MD

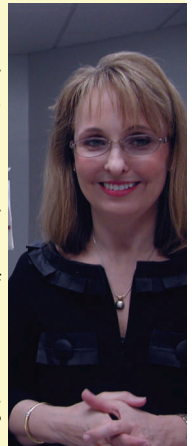
Dr. Pratt is board certified in Internal Medicine and Dermatology. She received her medical degree in 1982 from the Mt. Sinai School of Medicine in New York City. She served her internship at St. Vincent's Hospital, also in New York City. She was a resident in Internal Medicine at Beth Israel Hospital and in Dermatology at Cornell Medical Center, both in New York City. She was a Fellow

in Investigative Dermatology at The Rockefeller University. Dr. Pratt has a special interest in cosmetic dermatology and women's skin problems. She has been quoted in *Glamour*, *Self* and *Elle* magazines. She was also a consultant for Clientele Cosmetics and is currently consulting for Cyberderm, Inc., a skin testing company.

Dr. Pratt is married to Dr. Balin and together they have 2 children, Allison 16

and Ben 15 and Dr. Balin's son Sam 28, who is a medical student at the Mayo Clinic.

Dr. Pratt has a wide variety of interests and hobbies including horseback riding, gardening, cooking and anti-aging therapy.



Loretta Pratt, MD

## VITAMIN D AND THE SUN (FROM THE SKIN CANCER FOUNDATION)

Make vitamin D, not UV, a priority. Vitamin D is essential for bone health, immune system functioning and more. A lack of the vitamin puts us at risk for painful, weak muscles, inadequate bone mineralization, and skeletal deformities in children (rickets), as well as mineral loss and soft bones in adults (osteomalacia).

Our bodies manufacture vitamin D with a certain amount of sun exposure, but we can only produce a limited amount of vitamin D from UVB. Just a few minutes at midday are sufficient for many of us. However, after reaching the correct limit, further exposure actually destroys the vitamin and decreases our vitamin D levels.

Prolonged exposure to UVR (ultra violet rays) is linked to skin cancer, immune system suppression, photoaging (sun-induced skin aging), cataracts and other eye damage. The Skin Cancer Foundation recommends obtaining vitamin D largely from food or supplements. Visit [www.skincancer.org/Make-Vitamin-D-Not-UV-a-Priority.html](http://www.skincancer.org/Make-Vitamin-D-Not-UV-a-Priority.html) for more details.

## SALLY BALIN MEDICAL CENTER

Specializing in:

**Dermatology,  
Cosmetic Surgery  
and  
Longevity Medicine**

Dr. Arthur K. Balin

Dr. Loretta Pratt

Dr. Thomas Griffin

## WHAT YOU NEED TO KNOW ABOUT SKIN CANCER

### The Skin

The skin is the body's largest organ. It protects against heat, light, injury, and infection. It helps control body temperature. It stores water and fat. The skin also makes vitamin D.

### Understanding Skin Cancer

Skin cancer begins in cells, the building blocks that make up the skin. Normally, skin cells grow and divide to form new cells. Every day skin cells grow old and die, and new cells take their place.

Sometimes, this orderly process goes wrong. New cells form when the skin does not need them, and old cells do not die when they should. These extra cells can form a mass of tissue called a growth or tumor. Growths or tumors can be benign or malignant:

**Benign** growths are not cancer: and are rarely life-threatening. Generally, benign growths can be removed and usually do not grow back. Cells from benign growths do not invade the tissues around them and do not spread to other parts of the body.

**Malignant** growths are cancer and are generally more serious than benign growths. They may be life-threatening. However, the two most common types of skin cancer cause only about one out of every thousand deaths from cancer. Malignant

growths often can be removed but sometimes they can grow back. Cells from malignant growths can invade and damage nearby tissues and organs and some malignant growths can spread to other parts of the body. The spread of cancer is called metastasis.

### Risk Factors

Doctors cannot explain why one person develops skin cancer and another does not. However, we do know that skin cancer is not contagious. You cannot "catch" it from another person. Research has shown that people with certain risk factors are more likely than others to develop skin cancer. A risk factor is something that may increase the chance of developing a disease.

Studies have found the following risk factors for skin cancer:

**Ultraviolet (UV) radiation:** UV radiation comes from the sun, sunlamps, tanning beds, or tanning booths. A person's risk of skin cancer is related to lifetime exposure to UV radiation. Most skin cancer appears after age 50, but the sun damages the skin from an early age.

UV radiation affects everyone. But people who have fair skin that freckles or burns easily are at greater risk. These people often also have red or blond hair and light-colored eyes. But

even people who tan can get skin cancer.

People who live in areas that get high levels of UV radiation have a higher risk of skin cancer. In the United States, areas in the south (such as Texas and Florida) get more UV radiation than areas in the north (such as Minnesota). Also, people who live in the mountains get high levels of UV radiation. UV radiation is present even in cold weather or on a cloudy day.

Other risk factors include, scars or burns on the skin, infection with certain human papilloma viruses, exposure to arsenic at work, chronic skin inflammation or skin ulcers, diseases that make the skin sensitive to the sun; such as xeroderma pigmentosum, albinism, basal cell nevus syndrome and radiation therapy.

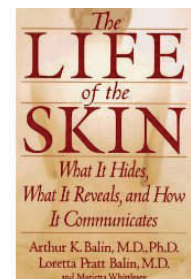
Medical conditions or drugs that suppress the immune system are also risk factors as well as your personal history of one or more skin cancers or family history of skin cancer.

Also be aware of Actinic keratosis and Bowen's disease. Actinic keratosis is a type of flat, scaly growth on the skin. It is most often found on areas exposed to the sun, especially the face and the backs of the hands. The growths may appear as rough red or brown patches on the skin.

Continued on page 4



White English women who vacation in hot countries have 74 percent more moles than those who have never vacationed in tropical climates.



"By skillfully interweaving patients' stories with scientific explanations, the Balin's illuminate the workings of the body's largest sensory organ and also provide a marvelous glimpse of doctors at work."

--The Washington Post

MEET THE STAFF



Terri Newman  
Director of Patient Services

Terri is usually the first person you meet when entering the SBMC. Terri started working for Dr. Balin in the Chester Office in 1987. Terri has worked in the sterilization dept, billing dept, and as a receptionist before becoming Director of Patient Services. Terri is a valuable employee of the SBMC and greatly appreciated.

APRIL OPEN HOUSE

The MedSpa at the Sally Balin Medical Center had it's first open house on April. 16th. We had over 30 guests who enjoyed light refreshments and presentations by Dr. Pratt and our estheticians. The featured procedures were Botox, Titan, Microdermabrasion and a chemical peel. We also had representatives from Themage and GloMinerals share information on their products.

How Can Micro Dermabrasion Treatment Help?

It is the *least invasive* dermatological procedure (compared to dermabrasion and laser resurfacing).

It is *more affordable* than cosmetic surgery.

Microdermabrasion is *painless*.

It has the *fewest side effects* and it is effective on *all skin types and colors*.

Microdermal abrasion *does not need anesthetic* if performed at a spa, beauty salon or physician's office (unlike surgical skin resurfacing).

It *helps* your skin look younger, healthy, glowing and for some people, close to perfect.

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dedicated to Sally Balin 1924-1997

A Woman of Courage, Wisdom and Integrity Whose Foresight and Love Helped to Bring The Dream of This Medical Center to Reality

**We are on the web...**

[www.balin.com](http://www.balin.com)

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E-mail: [info@balin.com](mailto:info@balin.com)

**OPEN HOUSE**

**April 16, 2009**



**Dr. Pratt and Ann Marie O'Shea**

**Our next open house will be announced shortly—stay tuned**



**SIGN UP FOR OUR ENEWS**

Call, email or stop by our office to sign up to receive our E-newsletter. The newsletter is released quarterly and is available in our office, online, and snail mail.

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**Skin Cancer (continued from page 2)**

They may also appear as cracking or peeling of the lower lip that does not heal. Without treatment, a small number of these scaly growths may turn into squamous cell cancer. Bowen's disease is a type of scaly or thickened patch on the skin. It may turn into squamous cell skin cancer.

If you think you may be at risk for skin cancer, you should discuss this concern with one of our doctors. They may be able to suggest ways to reduce your risk and can plan a schedule for checkups.

**PREVENTION**

The best way to prevent skin cancer is to protect yourself from the sun. Also, protect children from an early age. Doctors suggest that people of all ages limit their time in the sun and avoid other sources of UV radiation:

It is best to stay out of the midday sun and protect yourself from UV radiation reflected by sand, water, snow, and ice. UV radiation can go through light clothing, windshields, windows, and clouds.

Wear long sleeves and long pants of tightly woven fabrics, a hat with a wide brim, and sunglasses that absorb UV.

Use sunscreen lotions. Sunscreen may help prevent skin cancer, especially broad-spectrum sunscreen with a sun protection factor (SPF) of at least 15. But you still need to avoid the sun and wear clothing to protect your skin. Stay away from sunlamps and tanning booths.

If you think you may be at risk for skin cancer, you should discuss this concern with one of our doctors. They may be able to suggest ways to reduce your risk and can plan a schedule for checkups.

For more information contact the National Cancer Institute [www.cancer.gov](http://www.cancer.gov).



Our newsletter is printed quarterly. Suggestions for future issues.....

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