

DERMATOLOGY, LASER & VEIN SPECIALISTS OF THE CAROLINAS

CHARLOTTE, MONROE & PINEVILLE, NC

704-375-6766



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what's new AT DLVSC

New location.

The providers & staff at DLVSC are thrilled to announce that our new Pineville office officially opened on January 2nd, 2019! This office is in the Pineville Medical Plaza building, right next to the Atrium Health Pineville hospital. The building is ~2 miles east of Carolina Place Mall, at the corner of Park Road and Pineville-Matthews Road/Highway 51.

Our office is on the third floor, in Suite 310. For more detailed information about our new Pineville office, including photos, maps, and area information please visit the DLVSC website:
<https://www.carolinaskin.com/locations/pineville-office/>.

New faces.

Along with the new location, we also have a new provider - Aaron Blackmer, PA-C. Aaron has been working in dermatology for over 16 years and brings with him a

distinguished background & wealth of experience in the field. He and his team will see patients in our Pineville & Monroe office locations. We know our patients will be just as impressed with Aaron as we are!

Same commitment to our patients.

Providing the absolute best dermatology and skin care is our goal. We believe that a key component to achieving this goal is by making your access to care as convenient as possible. By opening our third office location, we are better able to serve our loyal patients who reside in the areas to the south of center city Charlotte.

Aaron Blackmer, PA-C offers general dermatology services and will be the provider with the most appointment availability in the DLVSC Pineville office.

Dr. Gilly Munavalli will be seeing patients in Pineville on a continual rotating basis. He will offer general dermatology care as well as minimally-invasive cosmetic services such as Botox® and dermal fillers.

Last but certainly not least, Dr. Angela Macri will also be available to see patients in the new Pineville office.



Save the Dates

May is National Skin Cancer & Melanoma Awareness Month

Monday, May 6th, 2019

Melanoma Monday

Saturday, May 11th, 2019

Miles Against Melanoma 5K & Fun Run

Address:

10650 Park Road
Suite 310
Charlotte, NC 28210

Office Hours:

Monday–Thursday:
8am – 5pm
Friday:
8am – 12pm





skin cancer **SELF-EXAM**

At the start of any new year, it's with the very best of intentions that we set goals for ourselves (whether we meet them or not is another matter entirely). This year, we have a resolution suggestion that is both simple & meaningful - *to check your skin once a month*. You can do this on your own or with the help of a loved one. Either way, you'll gain familiarity with your skin & how it changes so you're more informed the next time you visit the dermatologist.

Skin cancer research over the past 30+ years has revealed alarming incidence rate statistics of both non-melanoma skin cancers (NMSCs) and malignant melanoma - and just who exactly is being affected. Research shows increases in the number of cases of skin cancer each year and some younger age groups are also seeing growth in incidence rates. The trends are also evident here at DLVSC. "Unfortunately, I've noticed that the patients we're treating for skin cancer are getting younger & younger each year" says Dr. Munavalli.

The good news is that when caught early, most skin cancers - even malignant melanoma - have high cure rates. This is where that New Years resolution comes in! Using the AAD's Mole Map on the next page, you can check skin between trips to see the dermatologist.

"Unfortunately, I've noticed that the patients we're treating for skin cancer are getting younger & younger each year."

**GILLY MUNAVALLI, MD, MHS,
FACMS**

Skin Cancer Statistics from The American Academy of Dermatology:

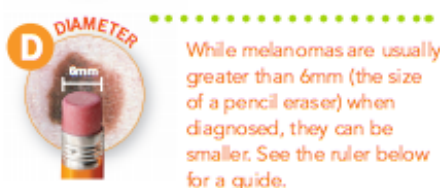
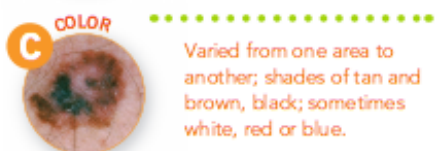
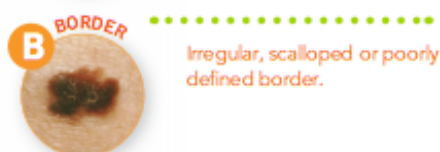
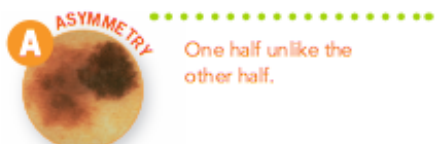
- Skin Cancer is the most common form of cancer in the United States.
- Melanoma rates doubled in the U.S. from 1982 to 2011.
- Melanoma is the second most common form of cancer in females ages 15-29.
- Research indicates that the incidence of melanoma in women 18-39 increased **800%** from 1970 to 2009.

DETECT Skin Cancer: Body Mole Map

Follow these instructions regularly to conduct thorough skin exams: **1.** Learn what to look for. **2.** Examine your skin. **3.** Record your spots. If you notice any new or changing spots, contact your dermatologist to make an appointment. If you don't have one, visit aad.org/findaderm to find a board-certified dermatologist in your area.

1 The ABCDEs of Melanoma What to Look for:

Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma is highly treatable. You can identify the warning signs of melanoma by looking for the following:



2 Skin Cancer Self-Examination How to Check Your Spots:

Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your skin. Ask someone for help when checking your skin, especially in hard-to-see places.



Examine body front and back in mirror, especially legs.



Bend elbows; look carefully at forearms, back of upper arms, and palms.



Look at feet, spaces between toes and soles.

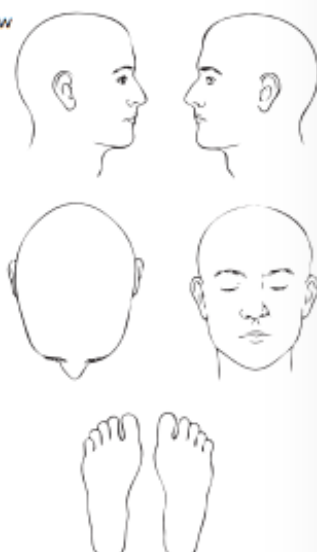


Examine back of neck and scalp with a hand mirror. Part hair and lift.



Finally, check back and buttocks with a hand mirror.

3 Record Your Spots Make notes of your spots on the images below so you can regularly track changes.



MOLE #	A Asymmetrical? Shape of Mole	B Type of Border?	C Color of Mole	D Diameter/Size of Mole. Use ruler provided.	E How has mole changed?
1	OVAL, EVEN	JAGGED	PINK	1.5MM	YES, LARGER



Name: _____ Date: _____



how to get *wedding-ready skin*

Something old, something new, something borrowed, something blue.

Plus something that is uniquely YOU: **beautiful, glowing skin.**

We put together this wedding countdown guide to help you prepare your skin for the big day.

12 months to go

With a year to plan, you've got time to set your skin goals & get started with a solid product regimen to help you meet them. Results from skincare products do take time, so the sooner you start, the better. Our top two recommended products are broad-spectrum sunscreen (SPF 30+) and a topical retinoid. However, we encourage you to schedule a consultation with one of our dermatologists now so that they can customize a treatment plan just for you.

6 months to go

For skin that's showing signs of sun damage such as brown spots and/or redness, this is a great time to begin clearing things up with laser treatments. A series of non-invasive procedures such as Fraxel® DUAL or IPL can drastically reduce photo-aging on not only the face, but also the neck, chest, arms, hands & legs. The number of treatments you need depends on the extent of sun damage as well as your skin type. We suggest starting early because the typical plan requires 3 to 6 sessions with 4 to 6 weeks between each visit.

3 months to go

If you're interested in filler, this is the best time to do it. In the hands of expert injectors like Dr. Munavalli and Dr. Kosari, fillers make a big impact without being too obvious. We can use filler for enhancing lip or cheek fullness, improving under eye bags, softening wrinkles - even hand rejuvenation! Getting your filler at this point allows ample time for touch ups (if needed) and since they usually last 6 to 12 months, you won't have to worry about them wearing off too soon.

1 month to go

Ok ladies, it's crunch time. It's also the perfect time to see your dermatologist for Botox® or Xeomin® treatment! Generally speaking, Botox needs approximately 7 to 10 days to fully "kick in" and Xeomin takes about 3 to 5. That being said, coming in for your treatment at least one month pre-wedding is a very smart move. While it's usually not necessary, having the extra time available for a touch up visit never hurt anyone. This holds especially true for the bride-to-be who hasn't ever tried it.



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