

HUP

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Hospital of the University of Pennsylvania

Podiatry

Heartfelt Thanks

"My son suffered a concussion while playing ice-hockey at the UPenn rink. I attended him on the ice. However, the major point to be made is that he was treated expeditiously and professionally by first the EMS team, which was on the scene, and then by [the Emergency Medicine] department: Drs. Anderson, Gardner and the nursing staff. . . . Over my long career, I have seen many emergencies. This was handled the best."

A letter to **Anil Rustgi** of GI Medicine and his staff

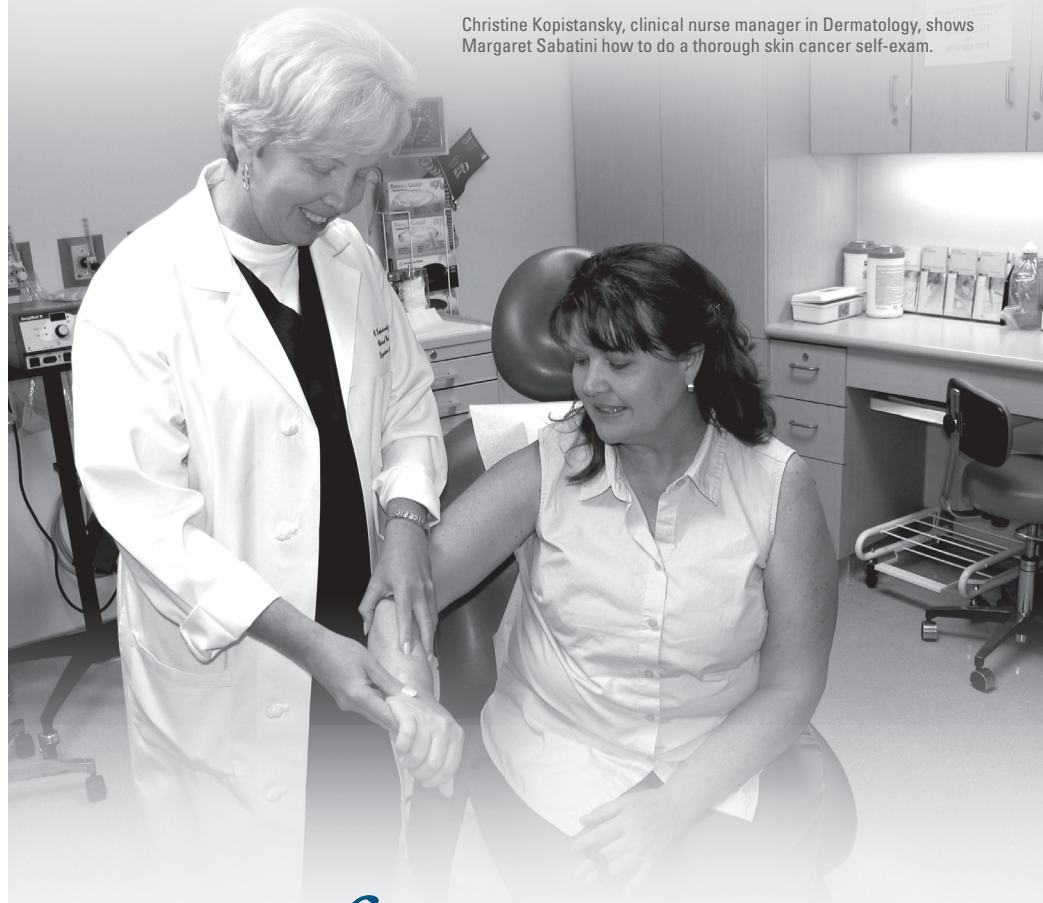
"Thank you for being part of the team at HUP who worked with me as a patient, doing tests, procedures, consults, wiring scripts, performing surgery, and post surgical follow up. It has been a truly humbling experience to completely trust and rely upon others to diagnose and treat physical issues beyond my control. Having been given a new lease on life and able to enjoy eating food without fear of carcinoid tumor attacks confirmed my decision to be part of HUP during this journey. . . . I ask God's blessing upon you as you continue serving humanity in such a redeeming way."

Are You Sun Savvy?

Follow these basic guidelines to enjoy the summer sun while protecting your skin:

- Use a broad-spectrum sunscreen that protects against UVA and UVB rays with an SPF (sun protection factor) of at least 30.
- Apply sunscreen 20 minutes before going outside in the morning and re-apply every two hours or as needed after swimming or when sweating. Make sure your kids are well protected too!
- Avoid the sun during the middle of the day (between 10 am and 4 pm). If your shadow is shorter than you are, seek shade.
- Wear a wide-brimmed hat, protective clothing, and sunglasses when out in the sun.
- Avoid tanning beds. Consider using a self-tanning product for a tanned look.
- Don't lie face up in the sun for hours. . . ever!

Christine Kopistansky, clinical nurse manager in Dermatology, shows Margaret Sabatini how to do a thorough skin cancer self-exam.



A Life-Saving TRADITION



Margaret Sabatini went to Dermatology's free annual skin cancer screening in May. . . and it probably saved her life. "They found melanoma on my shoulder, two little spots that looked like a snowman," she said. "If they hadn't caught it, who knows what would have happened?"

Melanoma, when diagnosed and treated early, has a 99 percent five-year survival rate. When undetected and allowed to spread, the survival rate plummets to barely one in five. The good news is that most melanomas are recognizable well before they reach the dangerous level.

"Margaret's experience at the skin cancer screening emphasizes the importance of seeing a dermatologist regularly for full-body skin exams," said Penn dermatologist **Adam Rubin, MD**. Indeed, of the nearly 300 people who attended the screening, "40 percent had abnormal findings and presumptive skin cancers."

Rubin also stressed the importance of frequent self-exams to detect early changes in your skin. Although melanoma most frequently appears on the upper back, torso, lower legs, head and neck, "you need to examine your entire body, including the soles of your feet, your back, between your toes and even your nails," he said.

What should you look for when doing a self-exam? The American Academy of Dermatology recommends the ABCDE rule:

- **Asymmetry:** one half of a mole does not match the other.
- **Border irregularity:** Edges are ragged, notched, or blurred.
- **Color:** The pigmentation is not uniform. Different shades of tan, brown, or black are often present.
- **Diameter:** Melanomas are usually greater than 6 mm when diagnosed but they can be smaller.
- **Evolving:** A mole or skin lesion looks different from the rest or is changing in size, shape or color.

Although Sabatini has a history of melanoma in her family — her mother had it — she never suspected it might happen to her. "Even if I had seen the spots, I wouldn't have known it was melanoma," she said. "This is a wake-up call."