



**DR. PETER ODLAND AND DR.
ANNALISA GORMAN TAKE GREAT
PLEASURE IN INTRODUCING YOU TO:**

SARAH PATTON, PA-C



We are delighted to announce the addition of Sarah Patton to the Skin Surgery Center in Bellevue. Sarah is a certified Physician Assistant (PA-C). She started work here in January, 2006 after having relocated with her husband from the Washington, D.C. area.

Sarah grew up in Maine and attended Hartwick College in New York, where she graduated Magna Cum Laude. She then went to Washington, D.C. where she attended George Washington University for PA School. She graduated from G W with Honors.

Upon graduating, Sarah took a job with a dermatologist in suburban Washington, D.C. where she remained until she joined our group.

We plan to have Sarah participate in many aspects of our practice. Initially, she will be assisting us with the evaluation of skin cancer patients, and those at risk for developing skin cancer. She will be conducting skin cancer screening examinations, biopsies (if necessary), and treating pre-cancers (such

as Actinic Keratoses). She will provide these services in our Bellevue office.

When you meet Sarah, you will quickly realize why we feel so fortunate to have her as part of our team. After witnessing her approach to patient care, we can report that she is cheerful, careful, competent, thorough, and delightful. We hope with her addition to the practice, waiting time for full skin exams will decrease dramatically.

Patients have been universally pleased with their visits with Sarah. The following are comments from some of her patients:

"Sarah performed a very careful and complete skin check. She explained what she was doing and why, in a very understandable way."

"She is so sweet; I didn't even feel like I was at the doctor's office."

"My husband and I both felt very comfortable in her care."

"Very pleasant person and seemed caring and competent."

We hope you have a chance to meet Sarah at some time in the future, and encourage you to call the Bellevue office at (425) 453-8647 to arrange an appointment if you so desire.



INSIDE THIS ISSUE

MEET SARAH PATTON, PA-C
OUR STAFF
THERE IS NO SAFE TAN!
THE DOCTORS

OUR STAFF

For those of you who have been to our clinic before as patients, we trust you will agree that we have a wonderful staff! We want you all to be familiar with them so we will feature their photos and names in this issue of the Skin Surgery Center Newsletter.

The Seattle Office



Back row left to right: Bob Chaytor, Histotech; Gretchen Clafin, Administrative Office; Agnes Olafsson, Front Desk; Bonnie Cooper, Administrative Office; Carol Petersen, Front Desk.
Front row left to right: Melanie Somera, Histotech; Laurie Burns, MA; Judy Heunish, MA; Cindy Mulholland, RN.

The Bellevue Office



Back row left to right: Ira Beyzerman, Medical Assistant; Andrea Gonzalez, Front Desk; Laura Jones, RN; Sarah Patton, PA-C.
Front row left to right: Chrissy Hawkins, Medical Assistant; Carol Harruff, Histotech; Melissa Katzele, Histotech.

THERE IS NO SAFE TAN!

By: Sarah Patton, PA-C

Despite warnings from the FDA, AAD (American Academy of Dermatology) and the AMA (American Medical Association), many people still think that having a suntan is a sign of good health. This simply is not true. A suntan is actually a sign of sun damage. It is your skin's response to an injury. Tanning occurs when the sun's ultraviolet rays penetrate the epidermis, the skin's outer layer, causing the skin to produce more melanin as a response to the injury. Chronic exposure to the sun results in a change in the skin's texture causing wrinkling and age spots. Thus, tanning to improve appearance is ultimately self-defeating. Tanning beds are no exception.

Sunlight consists of two types of harmful rays – UVA and UVB rays. UVB rays are the rays that are responsible for sunburns and skin cancer. UVA rays penetrate deeper into the dermis, the intermediate layer of the skin. UVA rays even penetrate through most windows. Many tanning salons advertise that tanning beds are safer than the sun because most only use UVA light rather than UVB light. Unfortunately, UVA rays *do* contribute to skin cancer and sunburns. Both UVA and UVB rays cause wrinkling, premature skin aging, skin cancer, and damage to the eyes and immune system. The United States Department of Health and Human Services even lists ultraviolet rays from the sun or artificial light sources such as tanning beds and sun lamps as a known carcinogen (cancer causing agent). Just like there is no safe cigarette, there is no safe UV light.

Did you know that indoor tanners are at an increased risk for melanoma, one of the deadliest forms of skin cancer? The association between tanning beds and melanoma has been widely published. A newer concern is that some sun lamps have been produced to emit greater amounts of UVB light. UVA tanning beds are also produced that emit UVA doses at outputs *higher* than that of the sun! In addition to the dangers of skin cancer, a recent CDC (Center for Disease Control) report shows that there are 700 emergency department visits per year secondary to adverse reactions from tanning beds.

What about using a tanning booth to prepare for a vacation in a sunny destination? This

actually leads to extra radiation during the pre-vacation period. Additionally, people who do this tend to use less sun protection during their vacation with the false belief that the tan they receive from a tanning booth protects their skin from the harmful rays of the sun. The tan from a tanning booth actually provides *less* sun protection than a natural suntan. Still, a natural suntan only provides a sun protection factor (SPF) of 3. Most dermatologists recommend that their patients use at least an SPF of 15 in their sunscreen. The best sunscreens offer both UVA and UVB (broad spectrum) protection with ingredients such as titanium dioxide, zinc oxide, and avobenzone (Parsol 1789).

Still miss that golden glow? There are now several sunless tanning products available over the counter. Creams, lotions, and sprays are available for self-application. If you're willing to spend more money, you can visit a salon or spa where they may apply lotions, creams, or airbrush the product onto your body. All of these products contain DHA (dihydroxyacetone). The FDA approved the use of DHA as a tanner in 1977. Although a toxicity study performed shortly after the discovery of DHA's tanning properties revealed no adverse effects in adults, more recent safety studies are lacking. DHA application is restricted to external application, which means that it shouldn't be sprayed in or on the mouth, eyes, or nose. There are no tanning pills that have been approved by the FDA. Tanning pills have been associated with health problems including eye disorders, severe itching, and liver injury.

Resources used:

Fu, J.M., Dusza, S.W. & Halpern, A.C. (2004) Sunless Tanning. *Journal of the American Academy of Dermatology*, 50 (4), 706-13.

Levine, J.A., Sorace, M., Spencer, J. & Siegel, D.M. (2005). The Indoor UV Tanning Industry: A Review of Skin Cancer Risk, Health Benefit Claims and Regulation. *Journal of the American Academy of Dermatology*, 53, 1038-44.

Meadows, M. (2003). Don't Be In The Dark About Tanning. *FDA Consumer Magazine*, November – December 2003 issue.

News release: American Academy of Dermatology issues statement endorsing the World Health Organization's recommendation that no person under the age of 18 should use a tanning bed. Schaumburg, Ill, March 17, 2005.

Public Resource Center: Facts About Sunscreen. AAD: www.aad.org/public/New/Di/InfoSunscreenFAQ.htm.



DR. PETER B. ODLAND



DR. ANNALISA K. GORMAN



SKIN SURGERY CENTER
SKIN CANCER SPECIALISTS

SEATTLE
1229 MADISON, SUITE 1480
SEATTLE, WA 98104
P 206.346.6647
F 206.346.6022

BELLEVUE
1551 116TH AVENUE NE
BELLEVUE, WA 98004
P 425.453.8647
F 425.455.5727

WWW.SKINSURGERYCENTER.COM