



Welcome Dr. Sebben



The Skin Surgery Center is pleased to welcome Dr. Jack Sebben to our practice. Dr. Sebben will be working with us during Dr. Gorman's maternity leave. Dr. Sebben is a board certified Mohs surgeon with over 20 years of experience.

For the past 14 years he has been the Director of Mohs Surgery for the Sacramento region of Kaiser Permanente Medical Group. He was in a private dermatological surgery practice for fifteen years prior to working with Kaiser Permanente. Dr. Sebben has also worked as the Director of Dermatologic Surgery and as an Assistant Clinical Professor at the University of California, Davis. His experience also includes a tour as a Flight Surgeon in the United States Air Force and five years in emergency and general practice medicine in Laguna Beach, California. Dr. Sebben has authored many articles which have been published in numerous professional journals.

Dr. Sebben attended medical school at the University of Iowa. He then interned at U.S.C. Medical Center in Los Angeles, CA. He has completed both a Histopathology Fellowship (Boston Dermatopathology Laboratory, Boston, MA) as well as a Mohs Surgery Fellowship (University of Iowa, Iowa City, Iowa).

Dr. Sebben is an avid bicyclist and is looking forward to the challenging rides our area can offer him!

Welcome Kate Maurer, PA-C



The Skin Surgery Center is also pleased to announce the addition of Kate Maurer, PA-C to our practice. Kate is a certified Physician Assistant (PA-C) and will be working with Sarah Patton, PA-C to provide our patients with skin cancer screenings and evaluations. Kate will also participate with some of the surgical aspects of our practice.

Kate grew up in the Seattle area and has her undergraduate and PA degrees from the University of Washington.

Kate says "I am excited and honored to be joining the Skin Surgery Center team. Excellent skin cancer care requires a first-class clinician in a comfortable, compassionate environment which is exactly what you find at the Skin Surgery Center."

Kate comes to us from Puget Sound Neighborhood Health Centers.

Outside of medicine, Kate enjoys travel and all the activities our Pacific Northwest has to offer. This past summer she summited Mt. Rainier. She was the team sun protection enforcer and despite a gorgeous sunny day on the glacier they made it off the mountain without a burn.

We are indeed fortunate to have two PA-Cs who are as personable and capable as Sarah and Kate!



Baby Watch



As many of you know, Dr. Annalisa Gorman and her husband, Marcus Avenstam, will welcome a new addition to their family in October. This will be their first child.

Dr. Sebben will be on staff prior to the time of Dr. Gorman's maternity leave and will be happy to see Dr. Gorman's patients. Dr. Gorman will return part-time in December and full-time in January.

Sarah Patton, PA-C and her husband, Dave, will welcome their first child in December.

Kate Maurer, PA-C will be available for skin cancer screenings and evaluations while Sarah is on leave.

Sarah will be cutting back to three days a week after her baby is born and will be working with Kate upon her return. We anticipate expanding the number of appointments we have available in both offices for skin cancer screenings after Sarah returns from her leave.

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Newsletter



Our Newsletter is sent to patients seen by our providers in the past two years. If you wish to remain on the mailing list past that time frame please let us know. If you do not wish to receive the newsletter please advise us. You can communicate with us by phone, fax, or e-mail.

Phone: 206.838.7993

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bcooper@skinsurgerycenter.com

The Newsletter is also available on line at www.skisurgerycenter.com.

Survey



Our goal at the Skin Surgery Center is to provide our patients and their family members with the best care possible.

To assist us in our efforts, some of you will receive a survey with your newsletter. We would very much appreciate it if you would take a moment to complete the survey and return it to us.

The Survey can be folded so our address shows on the outside. You can mail, fax, or e-mail it to the Seattle office.

Phone: 206.838.7993

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“Barnacles” and “Spots of Wisdom” or Seborrhic keratosis

By
Sarah Patton, PA-C

One of the most common growths that brings patients to our office for an evaluation is what I like to call a “barnacle” or “wisdom spot,” otherwise known as a seborrhic keratosis. These growths are benign skin tumors. These growths are not cancerous and do not evolve into skin cancer. Seborrhic keratoses do not require any treatment. In fact, most insurance companies will not cover the removal of these benign lesions, as they deem this “cosmetic.”



Seborrhic keratoses have many of the characteristics that we tell patients to look for in skin cancers, particularly melanomas. For example, they can be new in presentation, itchy, dark in color and more than one color. For this reason, many people are alarmed when they see these growths. Seborrhic keratoses are almost always elevated growths. They are somewhat “warty” in appearance and tend to be skin colored, pale brown to dark brown or pink.

Seborrhic keratoses can be found anywhere on the body, but are most often found on the torso, scalp and face. Some seborrhic keratoses are white in color, and they are called “stucco” keratoses. These are often found on the lower legs. I had one patient call their stucco keratoses “stuck on pieces of oatmeal”, which I think is actually a very good description of these lesions. Seborrhic keratoses can be anywhere from a few millimeters in size to 4 cm in size. Some people grow a few of these in their lifetime, while others will grow numerous seborrhic keratoses.

Seborrhic keratoses are extremely common. Most people start to present

with these benign growths after the age of 35. We do not know exactly why patients grow these lesions, but there does tend to be a positive family history. If you know that your mom or dad had or has these spots, you can expect that you probably will grow them as well. Seborrhic keratoses also tend to grow more commonly on sun exposed areas (another reason to avoid excessive sun exposure!). Furthermore, as people age, they tend to grow more of these lesions. Most trained medical professionals can diagnose a seborrhic keratosis clinically, but if there is any question it will likely need a biopsy to rule out the possibility of skin cancer.

Update on Skin Cancer

Skin cancer is the most common of all cancers. The latest statistics indicate that one in five Americans, or one in three Caucasians, will develop at least one skin cancer in their lifetime. The good news is that, when caught early, the cure rate for the most common types of skin cancer is extremely high (even with melanoma). The best way to catch a skin cancer early is by performing self skin exams once a month and seeing your provider immediately whenever you note anything that is new, changing, painful or bleeding.

The best way to perform a skin examination on yourself is by inspecting your face in the mirror and inspecting the remainder of your body in the shower. For areas that are outside of your view, I would recommend that you use mirrors or a friend or partner to help you examine these areas. In addition to your own surveillance, we recommend that you have a skin examination by a trained medical professional once a year (or more often if you have a history of numerous skin cancers). Skin examinations should become a part of a health maintenance plan for everyone, akin to mammograms and colonoscopies.



Dr. Peter B. Odland



Dr. Annalisa K. Gorman



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