



## Welcome Dr. Scott Isenhath



The Skin Surgery Center is very pleased to announce that Dr. Scott Isenhath will be joining our practice November 1, 2009.

Dr. Isenhath completed his Mohs Fellowship at Oregon Health Sciences University this summer. His other training includes an Internship at Virginia Mason Medical Center here in Seattle, medical school at the University of Washington School of Medicine, and an undergraduate degree from Pacific Lutheran University in Tacoma.

Dr. Isenhath was the Chief resident of the OHSU Department of Dermatology and received the Warren G. Magnuson Scholar award at the University of Washington School of Medicine in recognition of his excellent academic performance and contribution to research in the health sciences.

In addition to his excellent clinical skills, Dr. Isenhath has published numerous research articles and has lectured widely.

He was team captain and an Academic All-American in swimming at Pacific Lutheran University. He currently enjoys competing in triathlons, playing the piano and golf, and watching UW basketball.

He and his wife Beth, an elementary school teacher, took a well deserved vacation and then headed to Seattle.

They have a most adorable dog named Rugg.



We feel extremely fortunate that Dr. Isenhath will be joining us and are certain that our patients will find him to be a great addition to our staff.

## Farewell to Dr. Sebben

Dr. Jack Sebben, who joined our practice during Dr. Gorman's maternity leave has decided to join a Dermatology Clinic in Gig Harbor, Washington. We wish him all the best in his new location.

## Newsletter Mailing List

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, or if you do not wish to receive the newsletter, please let us know. You can reach us by phone, fax, or e-mail.

Phone: 206.838.7993

Fax: 206.346.6022

E-mail: [bcooper@skinsurgerycenter.com](mailto:bcooper@skinsurgerycenter.com)

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## The Importance of Regular Skin Self-Examinations

By Kate Maurer, PA-C

Once you've been diagnosed with a skin cancer we typically recommend that you have a full skin examination performed by a trained provider at least annually. Patients who have an extensive history of skin cancer may be encouraged to get checked more frequently. Beyond the exams that you have with your provider, we recommend that you also perform self skin examinations on a monthly basis. Since skin cancer is the only cancer you can see on the surface of your skin at its earliest stage, performing regular skin self examinations is a helpful way to detect any suspicious spots that could be cancerous.



Skin self-examinations and follow-up with a dermatologist have been proven to increase the chance of catching an early skin cancer. A study published in the July 2007 issue of the *Journal of the American Academy of Dermatology* found patients who indicated they had a mole that had changed recently in size, color or shape were two times more likely to be diagnosed with a suspected melanoma. If melanomas are caught early, the cure rate is very high.

The best time to perform a skin self examination is during your bathing time. Characteristics of some skin cancers can include bleeding and crusty painful or tender growths. If you note anything with these characteristics, you should bring them to the attention of your provider. Additionally, anything that is newly noted should be brought to the attention of your provider.

Moles that are normal and benign are typically smaller in diameter than a pencil eraser, are symmetrical, are of a single color, and have well defined borders. When examining your moles, *The American Academy of Dermatology* recommends evaluating using **ABCDE**:

- **A**symmetry (one half unlike the other half)
- **B**order (irregular, scalloped or poorly defined)
- **C**olor (varies from one area to another, shades of tan and brown, black, sometimes white, red, or blue)
- **D**iameter (the size of a pencil eraser or larger)
- **E**volving (a mole that looks different from the rest of your moles or is changing in size, shape or color).

If a mole exhibits any of these characteristics, it should be brought to the attention of a dermatologist.

The American Academy of Dermatology's Body Mole Map is a tool individuals can use to track their moles. The map provides information on how to perform a skin exam, images of the ABCDEs of melanoma and space for people to track their moles to determine any changes over time. Free downloads of the Body Mole Map are available at [www.melanomamonday.org](http://www.melanomamonday.org). Below you will find a detailed guide on how to perform a thorough self skin examination:

### How to Perform a Skin Self-Exam



Examine your body front and back in the mirror, then look at the right and left sides with your arms raised.

Bend elbows and look carefully at forearms, upper underarms, and palms.



Look at the backs of your legs and feet, the spaces between your toes, and on the sole.

Examine the back of your neck and scalp with a hand mirror. Part hair for a closer look.



Finally, check your back and buttocks with a hand mirror.

## MEET OUR FRONT DESK TEAM



Sharon has been with our Seattle office for over three years and enjoys the congeniality of the entire staff as well as the wide diversity of our patients. She has many years of experience in the medical field ranging from family practice to internal medicine to orthopedic surgery. Sharon's father and husband were both in the military. She has lived overseas and has traveled extensively. She finally came to rest on Whidbey Island where she raised her 3 children. Sharon opened a day care center and later managed her own bake shop in Coupeville, WA. She enjoys reading and being with her grandchildren.



Shaekira, a native of the Pacific Northwest, joined our Bellevue front desk staff after graduating in 2007 from Gonzaga University with a B.S. degree in biology. Outside of the office you may find her watching the Seahawks, running 5k races, studying anatomy and biochemistry or practicing her ski patrol first aid skills. Shaekira hopes to obtain her MPH in nutrition and appreciates the insight into patient care she has gotten by working at the front desk.



Kristen has worked in the Seattle office of the Skin Surgery Center for nearly 2 years. Originally from Kansas, Kristen and her husband Adam moved to the Pacific Northwest in 2006. A graduate of St. Mary's College, Kristen earned a bachelor's degree in humanities and political science. Her studies encouraged her love for reading and travel. Kristen coordinates insurance pre-qualifications in addition to greeting and scheduling patients. She enjoys meeting patients in person after having helped them over the phone.



Katherine joined our Bellevue front desk staff in October 2008. A native of New Jersey, she graduated from Skidmore College in Saratoga Springs, N.Y. in May of 2008 with a degree in art history. Her passions include ballet, books, and writing. She hopes to study landscape architecture at the UW and eventually to work toward developing sustainable urban environments. In addition to greeting and scheduling patients, Kat coordinates insurance pre-qualifications for our Bellevue office.





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.skisurgerycenter.com](http://www.skisurgerycenter.com)



Dr. Peter B. Odland



Dr. Annalisa K. Gorman