



VIP MedSpa Clinic News

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Medical News

ACIP: Do Not Use Nasal Spray Vaccine for Upcoming Flu Season

The CDC Advisory Committee on Immunization Practices has voted against using the live attenuated influenza Vaccine during the 2016-2017 flu season.

Statins Linked to Reduced Post-Stroke Infection Risk

A recent study explored the effect of statin drugs on the risk of developing infections in hospitalized patients following an Ischemic stroke.

Walnut-Rich Diet Significantly Benefits Lipid Levels

A recent study examined the effects of insulin resistance status and healthy fat consumption on lipid levels in women.



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Message From Medical Director of VIP MedSpa Clinic

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10 Signs of Skin Cancer You Shouldn't Ignore

Along with outdoor happy hours and weekends at the beach, summertime calls for an important reminder of **Skin Cancer Risk**. Since you're probably spending more time in the sun wearing less clothes, it's important to take note of any new or different growths on your skin.

Most skin cancers really are not symptomatic. That means a cancerous spot won't hurt, or even itch most of the time. Occasionally people will say a red and scaly spot has become more red and tender, but most true cancers are asymptomatic.

Air Pollution Linked to Increased Risk of Kidney Disease

Recent research examined the effects of air pollution exposure on kidney health and the risk of developing organ-specific autoimmunity and injury in distal organs.

Can Sleep Schedules affect Men's Diabetes Risk?

A recent study explored the effects of sleep duration on insulin sensitivity and the risk of developing diabetes in healthy adults.

Study: Diabetes Raises Fatal Heart Attack Risk by 50%

A recent study explored the excess risk of death associated with diabetes among patients with ST-elevation myocardial infarction.

Obesity Rates Are Increasing Among Women, Not Men

A recent study examined obesity prevalence and trends among men and women in the decades from 2005-2014

Melanoma

Melanoma, the deadliest form of skin cancer, is usually pigmented and will resemble a mole. What we really look for is change. The American Academy of Dermatology uses the acronym **ABCDE** for how to recognize a melanoma—any time you notice a new mole or that an old mole looks different, look for these signs:

1. **Asymmetry**: If you cut it down the middle and one side looks different from the other, it's asymmetrical.
2. **Border**: In a normal mole, the border should be smooth. If it is irregular, scalloped, or ragged? That may be a warning sign.
3. **Color**: If the moles are three or four different colors instead of one uniform color, you should be suspicious.
4. **Diameter**: If it's larger than 6 mm, basically the size of a pencil eraser, we tend to look at it a little closer, because melanoma is found disproportionately in larger moles.
5. **Evolution**: Any change in an existing spot or mole is something that should be looked at further. That includes a change in size, shape, color, or if the mole bleeds without being provoked.

Basal Cell Carcinoma(BCC) and Squamous Cell Carcinoma(SCC)

Basal cell carcinoma is the most common type of skin cancer. SCC is the second most common. Many starts as small, unsuspecting spots, and if they're not treated they get bigger. Luckily, they're both very curable and can be removed with surgery, though removals can cause scarring. In rare cases, they can grow deeper and spread.

FDA: Potentially Fatal Cardiac Events Are Possible With High Doses of Loperamide (Imodium)

The FDA has issued a warning about serious and potentially fatal cardiac problems associated with higher-than-recommended amounts of the antidiarrheal drug loperamide (Imodium).

High-Fat Mediterranean Diet Linked to Greater Weight Loss Than Low-Fat Diet

A new study suggests that current health guidelines recommending a low-fat, low-calorie diet wrongly discredited the healthy fats present in the Mediterranean diet.

Obesity Linked to Complications Following Coronary Artery Bypass

Researchers investigated the relationship between obesity and the incidence of adverse outcomes following coronary artery bypass grafting in a recent study.

Though some signs are more typical of one to the other, the general symptoms are the same. Keep an eye out for:

1. **A red scaly patch:** A red, itchy spot of skin that doesn't resolve in a few weeks with moisturization is most likely SCC. These might itch, but often times do not, and can be easily confused for eczema.
2. **A bump that won't stop bleeding:** This can look like a little bump or pimple that begins to ulcerate. A sore that continually bleeds, heals, and splits open again, is a common sign of BCC but could also be SCC.
3. **A shiny bump:** This nodule is usually pink, red, or white, but can also be tan, black, or brown and look like a regular mole.
4. **A pink growth:** The border will likely be slightly elevated and the center indented and maybe even crusty.
5. **A scar-like spot:** This can be a sign of an aggressive form of BCC, so if you notice a white or yellow scar-like spot that appears shiny, see your doctor ASAP.

Be proactive about your skin health by visiting your doctor for regular skin checks. If you ever see anything suspicious, go get checked out sooner rather than later. Early detection is key.