



VIP MedSpa Clinic News

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Medical News

Can B12 Shots Boost My Energy and Help Me Lose Weight?

Vitamin B12 shots have been given for years in hopes of increasing energy, promoting general health and even improving weight loss. Unfortunately, if your B12 level is normal, there is little evidence to support that actually works. However, if your B12 level is low, which is easily detected by doing a blood test, replacing vitamin B12 is very important. Low Vitamin B12 levels are common among those who:



Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

Melanoma, the most serious type of skin cancer, develops in the cells (melanocytes) that produce melanin — the pigment that gives your skin its color. Melanoma can also form in your eyes and, rarely, in internal organs, such as your intestines.

The exact cause of all melanomas isn't clear, but exposure to ultraviolet (UV) radiation from sunlight or tanning lamps and beds increases

- Are over age 65
- Have Gastrointestinal problems
- Keep a strict vegetarian diet
- Have had bariatric surgery

Because B12 levels are not checked during routine blood work, a deficiency can go undetected for years. If your B12 level is found to be below normal, Vitamin B12 shots as well as B12 pills will be essential for your health. Getting your level back to normal will often improve symptoms such as numbness and tingling, generalized weakness, difficulty walking and memory troubles.

But if your B12 level is normal, taking additional B12 has not been found to be of benefit.

your risk of developing melanoma. Limiting your exposure to UV radiation can help reduce your risk of melanoma.

The risk of melanoma seems to be increasing in people under 40, especially women. Knowing the warning signs of skin cancer can help ensure that cancerous changes are detected and treated before the cancer has spread. Melanoma can be treated successfully if it is detected early.

Melanomas can develop anywhere on your body. They most often develop in areas that have had exposure to the sun, such as your back, legs, arms and face.

Melanomas can also occur in areas that don't receive much sun exposure, such as the soles of your feet, palms of your hands and fingernail beds. These hidden melanomas are more common in people with darker skin.

The first melanoma signs and symptoms often are:

- A change in an existing mole
 - The development of a new pigmented or unusual-looking growth on your skin
- Melanoma doesn't always begin as a mole. It can also occur on otherwise normal-appearing skin.

Normal moles are generally a uniform color — such as tan, brown or black — with a distinct

3 Best Ways to Prevent Crepey Skin

Skin loses elasticity as we age because of dehydration and other factors. There's no way to completely avoid crepey skin. But there are a few ways to delay it.

1. Stick to the shade. The most important thing to do, is to stay out of the sun as much as possible. Also, protect your skin when you're in the sun.
2. Make skin hydration a priority. Keeping skin well hydrated with a good moisturizer helps prevent injury that creates or worsens crepiness.
3. Pay attention to ingredients. Make sure your moisturizer contains alpha or beta hydroxy acid, such as salicylic acid, lactic acid or glycol acid. These products lubricate and plump the skin, helping to reduce that crepey appearance.

border separating the mole from your surrounding skin. They're oval or round and usually smaller than 1/4 inch (about 6 millimeters) in diameter — the size of a pencil eraser.

Most people have between 10 and 45 moles. Many of these develop by age 50, although moles may change in appearance over time — some may even disappear with age.

Unusual moles that may indicate melanoma

To help you identify characteristics of unusual moles that may indicate melanomas or other skin cancers, think of the letters ABCDE:

- **A is for asymmetrical shape.** Look for moles with irregular shapes, such as two very different-looking halves.
- **B is for irregular border.** Look for moles with irregular, notched or scalloped borders — characteristics of melanomas.
- **C is for changes in color.** Look for growths that have many colors or an uneven distribution of color.
- **D is for diameter.** Look for new growth in a mole larger than 1/4 inch (about 6 millimeters).
- **E is for evolving.** Look for changes over time, such as a mole that grows in size or that changes color or shape. Moles may also evolve to develop new signs and symptoms, such as new itchiness or bleeding.

Cancerous (malignant) moles vary greatly in

appearance. Some may show all of the changes listed above, while others may have only one or two unusual characteristics.

Hidden melanomas

Melanomas can also develop in areas of your body that have little or no exposure to the sun, such as the spaces between your toes and on your palms, soles, scalp or genitals. These are sometimes referred to as hidden melanomas because they occur in places most people wouldn't think to check. When melanoma occurs in people with darker skin, it's more likely to occur in a hidden area.

Hidden melanomas include:

- **Melanoma under a nail.** Acral-lentiginous melanoma is a rare form of melanoma that can occur under a fingernail or toenail. It can also be found on the palms of the hands or the soles of the feet. It's more common in blacks and in other people with darker skin pigment.
- **Melanoma in the mouth, digestive tract, urinary tract or vagina.** Mucosal melanoma develops in the mucous membrane that lines the nose, mouth, esophagus, anus, urinary tract and vagina. Mucosal melanomas are especially difficult to detect because they can easily be mistaken for other far more common conditions.
- **Melanoma in the eye.** Eye melanoma, also called ocular melanoma, most often occurs in the uvea — the layer beneath the white of the eye (sclera). An eye melanoma may cause vision changes and may be diagnosed during an eye exam.

Risk factors

Factors that may increase your risk of melanoma include:

- **Fair skin.** Having less pigment (melanin) in your skin means you have less protection from damaging UV radiation. If you have blond or red hair,

light-colored eyes, and freckles or sunburn easily, you're more likely to develop melanoma than is someone with a darker complexion. But melanoma can develop in people with darker complexions, including Hispanics and blacks.

- **A history of sunburn.** One or more severe, blistering sunburns can increase your risk of melanoma.
- **Excessive ultraviolet (UV) light exposure.** Exposure to UV radiation, which comes from the sun and from tanning lights and beds, can increase the risk of skin cancer, including melanoma.
- **Living closer to the equator or at a higher elevation.** People living closer to the earth's equator, where the sun's rays are more direct, experience higher amounts of UV radiation than do those living in higher latitudes. In addition, if you live at a high elevation, you're exposed to more UV radiation.
- **Having many moles or unusual moles.** Having more than 50 ordinary moles on your body indicates an increased risk of melanoma. Also, having an unusual type of mole increases the risk of melanoma. Known medically as dysplastic nevi, these tend to be larger than normal moles and have irregular borders and a mixture of colors.
- **A family history of melanoma.** If a close relative — such as a parent, child or sibling — has had melanoma, you have a greater chance of developing a melanoma, too.

When to see a doctor:

Make an appointment with your doctor if you notice any skin changes that seem unusual.