

Wellness Wednesday



LifeAdvisor.com

Ulliance
Enhancing People. Improving Business.



Find your path to total well-being!

Dermatologists Who Had Skin Cancer Share 7 Warnings That Can Save Your Life

Skin cancer is one of the most prevalent forms of cancer, with over 9,000 Americans diagnosed with the disease daily. Dermatologists stress the importance of this health concern and the crucial need for comprehensive education and awareness. In this Wellness Wednesday, we'll delve into the insights shared by esteemed dermatologists who have personally battled skin cancer, unveiling seven eye-opening warnings that can potentially save lives.

Skin Cancer Can Develop Anywhere, Even in Unexpected Areas

Contrary to popular belief, skin cancer does not discriminate based on location. While sun-exposed areas like the face, arms, and legs are common sites, dermatologists warn that skin cancer can also manifest in more obscure regions, such as underneath the nails, between the toes, and even on the soles of the feet. Board-certified dermatologist Dr. Jennifer Holman emphasizes, "We most commonly see squamous cell carcinoma and melanoma under the nail, where the cancer can closely resemble a wart, bruise, or fungal infection, often going unnoticed until it's too late."



Similarly, Dr. Elizabeth Tanzi, another board-certified dermatologist, cautions that melanoma on the feet or between the toes is particularly dangerous, as it can go undetected for extended periods, allowing the cancer to spread deeper into the skin. "Melanoma, when caught early, has a very good cure rate, but when it's allowed to progress and spread down into the skin, it can be deadly," she explains.

Indoor Tanning Significantly Increases Melanoma Risk

The link between indoor tanning and an elevated risk of developing melanoma, the deadliest form of skin cancer, is well-established. Dr. Holman, who was herself diagnosed with melanoma after noticing a changing mole on her stomach, attributes her diagnosis to her extensive use of indoor tanning during her college years.

"We know that even a single indoor tanning exposure can exponentially increase the risk of melanoma, and that women under 30 are six times more likely to develop early-onset melanoma if they are indoor tanning users," Holman states. This is because indoor tanning typically involves concentrated UVA radiation, which specifically increases the risk of melanoma, as opposed to the more commonly known UVB rays that cause sunburn.

Skin Cancer Can Mimic Benign Skin Conditions

In the early stages, skin cancer can often resemble harmless skin conditions like eczema or psoriasis, leading to misdiagnosis or delayed treatment. "I have patients come to me thinking they have a patch of eczema or psoriasis, but they can actually be a superficial basal or squamous cell," Holman explains. "Both psoriasis and eczema (atopic dermatitis) can present as red, scaly patches, but if an area is unresponsive to traditional treatments or doesn't heal or go away after a few weeks, it should be evaluated by a board-certified dermatologist."

Skin Cancer Doesn't Always Follow the ABCDE Rules

The ABCDE guidelines (Asymmetry, Border, Color, Diameter, Evolving) are commonly used by dermatologists to evaluate changes in moles and identify potential skin cancer. However, Holman cautions that not all melanomas adhere to these rules. "Sometimes they don't even have any pigment at all — the main thing to look out for is any spot, even if you aren't sure how long it's been present, that's changing or doesn't heal after a few weeks."

Sores or Cuts That Don't Heal Could Signal Skin Cancer

While the most common forms of skin cancer, basal cell and squamous cell carcinomas, are associated with sun exposure, melanoma can occur even without significant UV exposure. Holman explains that these types of skin cancer can often present as sores or cuts that bleed easily and fail to heal over time. "Typically, patients think they have a pimple, inflamed hair follicle or bug bite when [it forms], but they don't heal and continue to grow and bleed," she says.

Skin Cancer Affects People of All Skin Tones

Contrary to popular belief, skin cancer can affect individuals across all skin tones, not just those with fair complexions. While people with lighter skin types are more susceptible, Holman emphasizes that melanoma is often detected at a later stage in darker skin types, leading to higher morbidity and mortality rates.

"About the same number of Caucasians and African Americans develop melanoma on the feet while Asian and African Americans most often develop melanoma on the hands and feet," Holman notes. "This is why there is a higher morbidity and mortality rate for melanoma in darker skin tones, as melanoma on the bottom of the feet, between the toes and under the nails is often detected at a later stage and as a result, can carry a higher risk."

Early Detection Is Crucial for Successful Skin Cancer Treatment

Regardless of the type or location of skin cancer, early detection is the key to successful treatment and improved outcomes. As Dr. Tanzi explains, "Melanoma, when caught early, has a very good cure rate, however, when it's allowed to progress and spread down into the skin, it can be deadly."

This sentiment is echoed by Holman, who emphasizes the importance of regular self-checks and seeking prompt medical attention for any suspicious skin changes. "About half of melanomas are self-diagnosed — so if you notice a spot of concern, have it checked out by a board-certified dermatologist, she advises.

Skin cancer is a formidable health concern, but with the insights shared by dermatologists who have personally battled the disease, we can arm ourselves with the knowledge to detect and prevent it effectively. From unexpected locations to the importance of early detection, these seven warnings serve as a powerful reminder that skin cancer does not discriminate and can strike anyone, regardless of skin tone or sun exposure history.

By heeding these expert insights and incorporating proactive skin cancer screening and prevention measures into our daily lives, we can significantly improve our chances of detecting and treating this potentially life-threatening condition before it has the opportunity to progress. Remember, skin cancer may be common, but with vigilance and the right information, it can also be conquered.



GRILLED EGGPLANT WITH FETA

INGREDIENTS

Ingredients

- 1 large eggplant
- 1 tablespoon red wine vinegar
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons dried oregano
- 1 large garlic clove, or 2 small cloves, pressed or minced
- 1/2 teaspoon kosher salt, plus more as needed
- 2 ounces feta cheese, crumbled (about 1/3 cup)

Summertime often calls for lighter, fresher fare that can be easily prepared and enjoyed alongside our favorite grilled dishes. One such versatile and flavorful side that checks all the boxes is grilled eggplant with feta cheese. This simple yet delectable recipe not only complements a wide range of main courses but also showcases the vibrant produce of the season in a truly appetizing way.

THE VERSATILITY OF GRILLED EGGPLANT

Eggplant is a culinary chameleon, effortlessly adapting to a variety of cooking methods and flavor profiles. When grilled, this humble vegetable takes on a delightful char and a delicate, creamy texture that pairs beautifully with an array of complementary ingredients. The grilling process also helps to enhance the eggplant's natural sweetness, making it an ideal canvas for bold seasonings and tangy accents.

THE FLAVOR EXPLOSION OF FETA

Feta cheese is the ideal companion for grilled eggplant, adding a tangy, salty kick that complements the eggplant's natural sweetness. The crumbled texture of the feta also creates a beautiful visual contrast against the smooth, charred surface of the grilled eggplant slices.

Nutrition Information

Serving: 3 slices, Calories: 106 kcal, Carbohydrates: 9.5 g, Protein: 3.5 g, Fat: 6.5 g, Saturated Fat: 2.5 g, Cholesterol: 12.5 mg, Sodium: 305 mg, Fiber: 4.5 g, Sugar: 5 g



INSTRUCTIONS



HOW TO MAKE IT

1. Preheat the grill to high.
2. Trim the ends off of the eggplant and cut it crosswise into 1/2-inch thick slices. Season just the tops of the slices lightly with salt.
3. In a small bowl, whisk together the red wine vinegar, olive oil, dried oregano, garlic, and salt.
4. Lay the eggplant slices on the grill with the salted side up. Grill, uncovered, for 5 minutes, then flip.
5. Spoon or brush all of the garlic-herb mixture over the tops, sprinkle evenly with the feta, then cover the grill and continue grilling until the cheese is melted and the eggplant is tender, about 5 minutes more.
6. Transfer the grilled eggplant to a serving platter and serve hot or warm.

SERVING SUGGESTIONS FOR GRILLED EGGPLANT WITH FETA

Grilled eggplant with feta is a versatile side dish that pairs beautifully with a wide range of main courses, from grilled proteins to fresh salads and pasta dishes. Its bright, summery flavors make it an excellent accompaniment to light, Mediterranean-inspired meals, such as Spinach Stuffed Chicken Breast with Tomato and Feta or Grilled Shrimp Scampi Skewers.

EXPANDING THE CULINARY HORIZONS

For those looking to explore the versatility of grilled eggplant further, the dish can also be incorporated into more creative culinary compositions. It makes a delightful addition to an Antipasto Salad Platter, adding a unique textural and flavor element to the classic Italian appetizer. The eggplant slices can also be used as the base for a Cheesy Eggplant Gnocchi Caprese, or even as the star ingredient in a Vegan Eggplant Meatball dish.

Featured Exercise ► Rows



HOW TO DO IT:

- Stabilize your spine by engaging your core, without arching or sagging; stabilize the shoulders as described earlier.
- Pull upward until your hands come even with your chest.
- Lower to straight arms, never breaking neutral spine.

THE BENEFITS:

Constantly yanking on random things, we tend to forget the magic of pull strength and balance, key to combat that hunch from endless desk lounging. Enter adjustable fitness straps - the superheroes of horizontal rows! Hang them anywhere, from a door frame to a sturdy tree, or use a resistance band in a seated position around your feet for a rowing workout that demands rock-solid core control from tip to toe.



[Click here to view online!](#)

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



Did YOU Know?

Wednesday, July 31 is National Avocado Day. try this [healthierish recipe!](#) Enjoy!

[LifeAdvisor.com](#)



Meet Ulliance Senior
Wellness Account Manager