

## Tips for Doing a Skin Cancer Self-Examination

According to the Skin Cancer Foundation, one in every five Americans will develop skin cancer in their lifetime, adding to the 5.4 million new cases that are diagnosed in the United States each year. Being diligent about skin cancer all year long, however, is the best way to beat the odds and keep risks of getting it lower.

"The American Academy of Dermatology reports that skin cancer is the most common form of cancer in the country," says Katherine Goldman, celebrity esthetician/waxologist and owner of the Stript Wax Bar. "The good news is that there are plenty of things we can do to help minimize the risks of getting it."

- Twice a year, conduct a self-examination of the entire body.

- While examining the entire body, look for moles, birthmarks, beauty marks, or any brown marks.

- Once you have identified those particular marks, pay attention to whether or not they change in color, size, and texture. Look for any spots that are irregularly shaped or that are larger than the size of a pencil eraser.

- Also, look for skin growths that appear brown, black, translucent, pearly, or multicolored, as well as those that may be sore, hurt, itch, bleed, or scab.

*"Healthy skin is only a touch away."*

-Lori Murtagh



Examine your body for moles twice a year.

Skin cancer is when the cells in the skin have been damaged by tanning beds or the sun. Those damaged cells begin to quickly multiply out of control and form a tumor. Doing routine self-examinations is the best way to catch possible skin cancer sites early so they can be treated. To conduct a self-examination, keep these tips in mind:

- If you find spots that meet the criteria and are concerning, be sure to have them checked out by a doctor.

"Along with regular examinations, it's important to protect the skin from the start," says Goldman. "We need to take measures from the start to help keep our

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### Office Hours and Contact

Lori Murtagh, LE  
Licensed Esthetician-Oncology Trained  
412-741-9600  
lorimurt.healthyskin@gmail.com  
lorimurtagh.skincaretherapy.net  
www.facebook.com/salonbernabo

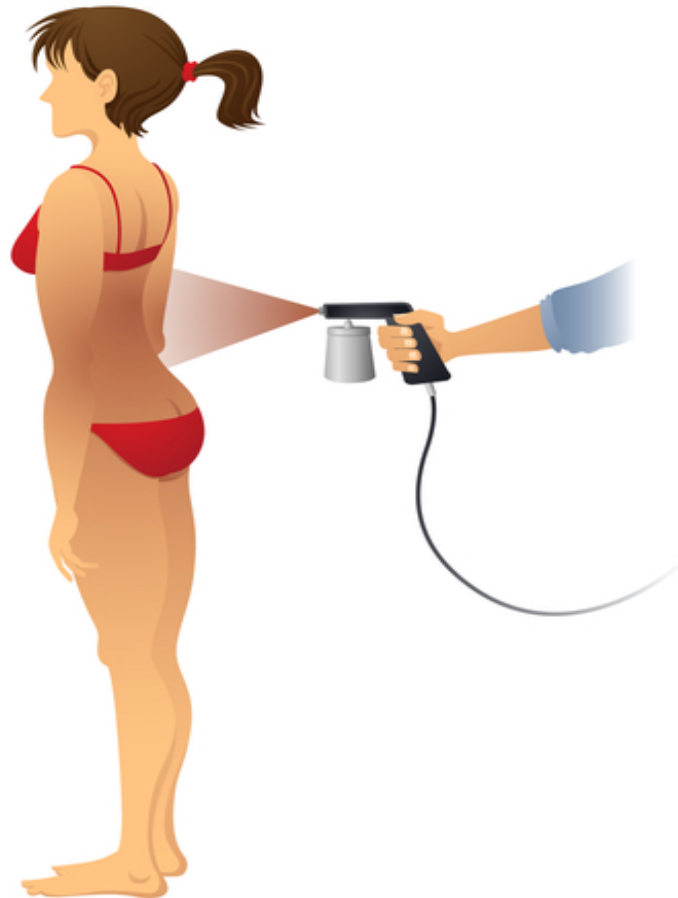
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skin safe from the sun and to choose safer tanning options. Spray tanning is very popular, looks great, and helps people avoid the ultraviolet (UV) light risks."

Skin cancer is caused by exposure to ultraviolet light, which is a known carcinogen. There are 419,000 cases of skin cancer each year that are linked to indoor tanning. Despite the information available about the dangers of tanning beds, many people are still putting themselves at risk. Spray tans are a healthier way to have a tan, because they allow people to avoid tanning by being in the sunlight or using tanning beds. People can still have the same bronzed and beautiful look, without all of the health risks of going to a tanning bed. Plus, it's estimated that 90 percent of skin aging is caused by sun exposure, so people can protect their skin from cancer and from aging at the same time when they opt for a spray tan, rather than tanning in the sun or a tanning bed.



**Spray tanning is a healthy alternative to sun tanning.**

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# Why Buy Organic?

## Is the Higher Price Worth It?

While shopping in your grocery store's produce section, you may notice the organically grown apples are pocked and not as big and perfectly round as the conventional produce, but they are more expensive. What's the difference, and which do you choose? Your decision may significantly impact not only your health but the health of the planet and the economy.

### DEFINING "ORGANIC"

Organic foods are derived from sustainable farming practices that maintain and replenish soil fertility without the use of toxic pesticides and fertilizers. These foods are minimally processed and do not include artificial ingredients or preservatives. On the other hand, conventional farms often rely heavily on pesticides, genetic modification, synthetic hormones, and antibiotics.

### DOES IT REALLY MATTER?

To understand the fallout of conventional farming is to realize the argument for organics. Bob Scowcroft,

executive director of the Organic Farming Research Foundation, touches on the devastating consequences of pesticides. "DDT nearly eliminated the American eagle by affecting their ability to reproduce" he says. "Since World War II, we've introduced more than 9,000 chemicals into the environment. And we don't know the full impact on humans and different sized humans," he adds, alluding to studies revealing damaging effects on children.

When you buy organically certified foods, you're ensured they are free of pesticides, hormones, antibiotics, and genetic DNA modification.

"Organics are better for the environment, and it's an investment in the revitalization of rural America," Scowcroft says. Organic farms are usually smaller, family-owned farms contributing to the economy of struggling rural America, he explains. The organic choice may be a little more expensive, but it's an investment in your health and the future.



Organic foods are free of pesticide residue.

# Probiotics for Skin Health

## Trust Your Gut on This One!

*Shelley Burns, N.D.*

Digestive health plays an important role in how skin appears on the surface. When digestion is not working optimally, it allows toxins to be reabsorbed in the body instead of being eliminated. The body then mounts a state of emergency as it's overwhelmed by toxins, some of them bad bacteria. These manifest directly on the surface for all the world to see, in the form of wrinkles, blotchiness, skin rashes, and acne.

This is where probiotics come into play. Probiotics contain potentially beneficial bacteria found in the digestive tract--what some call good gut bacteria. They help strengthen the digestive system but they also play an important role in skin health. Probiotics consist of *Lactobacillus acidophilus*, *Lactobacillus bulgaricus*, and *Bifidobacterium bifidum*. They have anti-inflammatory, anti-pathogenic, and antiallergenic properties and can be used prophylactically and therapeutically.

There have been many studies showing benefits of probiotics to skin health. For example, there's a correlation between an imbalance of good and bad bacteria and the onset of acne. When bringing natural bacteria back into balance with a probiotic intervention, acne improves, in some studies, as much as 50 percent of the time.

There is no recommended daily intake for probiotics, but good food sources include buttermilk, kefir, miso, tempeh, yogurt, and other fermented foods. Supplements are generally higher in potency and are used for therapeutic purposes in treating irritable bowel syndrome, Crohn's disease, colitis, and many other conditions.

While probiotics are essential for healthy skin and digestive health, there are many other appealing benefits to encourage their use, such as strengthening the immune system, replacing good bacteria after a course of antibiotics, and contributing to general health and

well-being.

One note: Some probiotic supplements come from dairy sources and may not be suitable for individuals with dairy allergies or sensitivities.

*Throughout history 'tender loving care' has uniformly been recognized as a valuable element in healing.*

-Larry Dossey

A SPECIAL NOTE FROM LORI:

My newsletter talks about benefits of buying organic foods. Eating a healthy diet can also change a tired skin to a glowing one. A recent article in my ASCP magazine talked about 5 Super Foods that I will share with you! Our diet needs good fats such as oily fish like salmon, tuna and sardines. They protect and repair damaged skin and help our complexion to look soft and supple. Antioxidants such as Pomegranate seeds/juice help to neutralize free radicals which damage collagen, causing dry skin and wrinkles. Turmeric is a potent anti-inflammatory. Inflammation in the body causes many problems, including puffy skin but wrinkles/aged skin long term. Adding a daily dose to your diet can help to keep your skin more youthful. Avocados are high in poly & monounsaturated fatty acids and contain carotenoids which help skin maintain water and elasticity, regenerate damaged skin cells, and reduce redness. It produces a more hydrated looking complexion. Lastly lemons! All citrus fruits are packed with Vitamin C. Lemons can help alkalize the blood and balance of our bodies' pH level. Because of diets high in sugar, alcohol, coffee & processed foods, our bodies tend to be more acidic which can cause skin to become more sensitive and dry. So add a squeeze of lemon juice to your water or salad dressing!

## Salon Bernabo

2612 Nicholson Road  
Sewickley, PA 15143

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MEMBER

