

# Carolina Skin Surgery Center Monthly Newsletter

May

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## *May is Melanoma Awareness Month*

By: Jackie T., Registered Medical Assistant

Melanoma is one type of skin cancer and is much less common than basal cell and squamous cell skin cancers. Melanoma is an especially dangerous type of skin cancer because it is more likely to spread beyond the skin to other organs and areas of the body.

Melanoma can develop on any part of the skin, but certain areas are more prone to the development of melanoma than others. Men are more prone to develop melanoma on the chest and back. Women are more prone to develop melanoma on the legs.

Avoiding overexposure to the sun, and taking steps to prevent sunburns, are highly important in lowering the risk of skin cancer. Also, knowing the ABCDE's of melanoma is very important:

- Asymmetric: normal moles are typically round and symmetrical, cancerous moles are not.
- Border: irregular scalloped borders are more concerning.
- Color: melanomas are not always one color, but can contain uneven shades including black, brown, tan, and even blue.
- Diameter: melanoma lesions are usually larger than 6mm in diameter (about the size of a pencil eraser).
- Evolving: a change in a mole's appearance over a period of weeks, or months could be a sign of skin cancer.

Melanoma KILLS 1 person each HOUR!! Tanning booths are not a safe alternative to being out in the sun. Fifteen minutes in a tanning bed is equal to a whole day's exposure at the beach. Don't be one of the 10's of thousands of cases diagnosed each year.

Apply sunscreen, seek shade when you can, avoid mid-day hours from the sun, and get regular skin checks.

## What Happens After You Have a Biopsy?

By: Cynthia C., Certified Surgical Technician

What happens after you have a biopsy? Do you go home and forget about it thinking that the doctor's office will take care of it and call you back? Do you go home and create a reminder in your personal calendar to call your doctor's office and check for results in a couple weeks? I hope you answered "yes" to the second question. Once you have a biopsy, we ask that you go home and mark your calendar two weeks out. If you have not heard back from us in that time frame, then we ask that you call us to check on the results.

Once your biopsy has been taken, a courier from the outside lab will stop by our office to pick it up. The courier delivers the container with your specimen to the lab where the pathologist processes the tissue and gets it ready to review under the microscope. The pathologist then reviews your specimen and makes a diagnosis. The laboratory will then send us the report with the final diagnosis. On average it takes 3 to 4 days to get a result. Sometimes the pathologist cannot make a diagnosis so they may request that another pathologist review the specimen and give their opinion. The pathologist may also need to run some special tests on the specimen which can take several days to weeks to receive the final result.

Once we have the final diagnosis report, Dr. Carruth or Lisa Matuga, PA-C will then review the report and come up with a treatment plan if needed. The Medical Assistants will then call you with the results. The whole process should take between 7 and 10 days, but it can sometimes take longer. Please make sure to mark your personal calendars for two weeks after your biopsy to follow up with us if you have not heard from us.

### Announcements for May:

- May is Melanoma Awareness month!
- Sunday, May 8<sup>th</sup> is Mother's Day
- Tuesday, May 10<sup>th</sup> is Jackie's birthday
- Saturday, May 21<sup>st</sup> is Lynn's birthday
- Monday, May 30<sup>th</sup> is Memorial Day. The office will be closed, but you can reach the physician if you have an emergency by dialing the main office number: 704-295-0000



- Tuesday, May 31<sup>st</sup> is Ashley's FIVE year anniversary with Carolina Skin Surgery. ☺

## CAROLINA SKIN SURGERY CENTER

*"Specializing in the treatment of skin cancer"*

### About Dr. Carruth:

Dr. Marc R. Carruth is the Director of Carolina Skin Surgery Center. Dr. Carruth received his M.D. degree from Duke University where he graduated with highest honors in 1993 and was inducted into the Alpha Omega Alpha Medical Honor Society. He was awarded a Howard Hughes Medical Institute fellowship at the National Institutes of Health.

Dr. Carruth completed his internship in Internal Medicine at Harvard, Brigham and Women's Hospital in Boston, Massachusetts and a Dermatology residency at Emory University in Atlanta, Georgia where he was chief resident. Dr. Carruth completed his Mohs Micrographic and Dermatologic Surgery fellowship at Baptist Hospital in Kansas City, MO.

Dr. Carruth is known for his personable bedside manner and has been providing excellent care to patients in the Charlotte region since 1997. He has performed thousands of Mohs micrographic procedures during his tenure.

### About Lisa Matuga, PA-C:

Lisa is a Certified Physician Assistant and has been providing excellent dermatologic care in the Charlotte area for over five years.

Lisa received her Master of Science in Medicine and graduated from the Physician Assistant Program at Western Michigan University in 2008. She has a passion for helping patients with their dermatological needs. She has been a part of the CSSC team since September of 2013.

### Meet the Team:

Administrative Assistant: **Sandy** - She always has a smile on her face and is willing to help with anything. Sandy has been a part of the team since April of 2010.

Billing Specialist: **Cathy** – Understanding health insurance can be overwhelming, but Cathy is always willing to call and verify benefits and then explain them to you as simply as possible. Cathy has been a part of the team since December of 2008.

Surgery Coordinator / Certified Clinical Medical Assistant: **Ashley** – She assists Dr. Carruth and Lisa Matuga, PA-C with procedures and also handles the surgery scheduling. If you have had Mohs surgery then you have probably spoken with her! Ashley has been a part of the team since May of 2011.

Registered Medical Assistant / Lab Technician: **Jackie** – She assists Dr. Carruth and Lisa with procedures and also helps process the tissue in the lab. Jackie has been a part of the team since October of 2008.

Certified Surgical Technician: **Cynthia** – She assists Dr. Carruth and Lisa with procedures and has been a part of the team since September of 2009.

Certified Clinical Medical Assistant / Surgery Coordinator: **Chiffon** – She assists Lisa Matuga, PA-C with patients and handles surgery scheduling. She has been a part of the team since August of 2014.

Certified Clinical Medical Assistant / Lab Technician: **Lynn** – She assists Dr. Carruth and Lisa with procedures and also helps process the tissue in the lab. Lynn has been a part of the team since July of 2015.

Office Manager / Certified Medical Practice Executive/ Certified Professional Coder / Certified Physician Practice Manager: **April** has been a part of the team since August of 2006. Please let her know if you have any suggestions or comments – we encourage feedback and are always willing to learn and improve.

## CAROLINA SKIN SURGERY CENTER

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