

Carolina Skin Surgery Center Monthly Newsletter

March

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A Message about Mohs

“What to expect if you are having Mohs Surgery “

Here is a list of important things to be aware of when you are having Mohs surgery:

- You will be at the office 2 to 4 hours – sometimes longer
- Please bring completed paperwork in with you. If your paperwork is complete

also bring a snack with you.

- Once you leave the office, you will need to go home and rest with no other activities planned.
- No heavy lifting (over 10 pounds) or bending over 48 hours after this

What to Expect if you are having Mohs Micrographic Surgery

before arrival, you may arrive at the exact appointment time. If you are unable to complete paperwork ahead of time, please arrive 15 to 20 minutes early.

- You are not sedated for this procedure. We will use local anesthesia and numb the area.
- You may eat before you come. You may

appointment

- No traveling for 7 days after the appointment
- No strenuous physical activity after this appointment for at least one week (i.e.: yard work, exercise, swimming, etc)
- No make-up or lotion on or around the site
- We have Wi-Fi so feel free to bring lap

What is Mohs Micrographic Surgery?

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Mohs (rhymes with toes)
Micrographic Surgery is an advanced treatment procedure for skin cancer which offers the highest potential for recovery – even if the skin cancer has been previously treated. This procedure is a state-of-the-art skin cancer treatment in which the physician serves as surgeon, pathologist, and reconstructive surgeon. The procedure was developed by Frederic Mohs, M.D. in the 1930's and has undergone several modifications throughout the years. It relies on the precision and accuracy of a microscope to trace and ensure removal of skin cancer down to its roots. The goal of the procedure is to remove the skin cancer totally while minimizing the amount of normal noncancerous skin removed in the process. The highly trained surgeons that perform Mohs Micrographic Surgery are specialists in both Dermatology and Skin Pathology. Properly trained Mohs surgeons have completed an internship and residency in Dermatology following medical school, plus a fellowship program approved by the American College of Mohs Surgery that includes extensive training in Pathology and reconstructive surgery for at least five years of specialized training beyond medical school.

- tops, tablets, or a book.
- You will need a driver. (unless otherwise directed)
- Please take a picture of the biopsy site before it heals. You may email this picture or bring it in with you.

- If your appointment is scheduled a few weeks or more out then this picture will help us find the biopsy site easier.

Sometimes the area will appear healed and may be harder to find.

Monthly Skin Cancer Update

What does skin cancer look like?

The best way to tell if you have skin cancer is to see a dermatologist. The appearance of skin cancer can look different from person to person which makes it difficult to look at a picture and tell if you have skin cancer. You should monitor lesions on your body for growth, if they change in shape, if they bleed or itch or last for longer than two weeks. The most common types of

skin cancer are basal cell carcinoma, squamous cell carcinoma, and melanoma.

To prevent skin cancer wear sunscreen, never use tanning beds, wear clothes that protect you from UV rays, and wear sunglasses. In general, the best practice is to limit your exposure to the sun between 10 a.m. and 4 p.m.

For more information regarding skin cancer please visit our website:

www.carolinaskinsurgery.com or the American Academy of Dermatology at www.aad.org

Both websites were referenced for this article.

Please schedule an appointment with your dermatologist for a total body skin exam.

Mohs Micrographic Surgery Word Find

M G Y F Y N F Y P M B L J E S
 R K G O N G N S G W O I J L U
 D O S K I N Q T Q Y U H S F R
 M G L M N E S W X U Y U S G G
 E U W U M E T K Q L A X M N E
 F Z Y U K L K V O O Q M Y U R
 T G B A S A L B D O R I O U Y
 R P G F R C C I D J N G N U V
 E Y D R G E A P T Q B O Y E S
 A Q G D C N R J Q O Y A Z X N
 T F A M M N I G P C A N C E R
 M M P X I Y N E M J Z S X M I
 E C V I P M G T G H D Y M Y I
 N C A R O L I N A H U E B K J
 T L V F W Q O D U L L E R T M

WORD LIST:

MOHS
 SKIN
 CANCER
 TREATMENT
 CAROLINA
 SURGERY
 CARING
 BASAL
 SQUAMOUS

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 has been a Physician Assistant for over 5 years and has been providing excellent dermatologic care in the Charlotte area for over two 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 and we are very excited to have her as a part of our team.

Meet the Staff:

Receptionist: Sandy - She always has a smile on her face and is willing to help with anything. Sandy has been with Dr. Carruth since April of 2010.

Billing: 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 with Dr. Carruth since December of 2008.

Surgery Coordinator/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 with Dr. Carruth since May of 2011.

Lab Technician/Certified Medical Assistant: Tara – She is the one who processes the tissue for Dr. Carruth to review under the microscope (Mohs surgery). She also assists Dr. Carruth and Lisa with procedures. She has been with Dr. Carruth since September of 2007.

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 with Dr. Carruth since October of 2008.

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

Office Manager: April has been with Dr. Carruth since August of 2006. Please let her know if you have any suggestions or comments – we encourage feedback and are always willing to learn.

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