

💧 We were very grateful to have Dr. Jennifer Cooper, a dermatologist, speak to us at our meeting in September about skin care in a wonderful powerpoint demonstration. Our skin is the first barrier of defense and can be likened to bricks and mortar that holds everything together. People with Sjogren's syndrome have a compromised skin barrier due to the attack on our lipid layer. Enemies of the skin – things that dry out the skin are soap, sun, wind and cold. What is a person to do when we are in the sun? Dr. Cooper recommends moisturizers, gentle skin care, daily bathing with a gentle cleansing (Dove bar), apply moisturizer while skin is still damp, daily sunscreen to exposed areas, wash clothes with “free” detergent, avoid dryer sheets, avoid perfumes.

Recommended moisturizers: *Cerave* cream (time release), cleanser, AM facial with SPF 30; *Neutrogena* 50 SPF for day, cleanser and night cream; *Cetaphil* cream, *Restoraderm* cleanser and moisturizer, UVA/UVB defense daily moisturizer; *Aquaphor* night cream. Dr. Cooper gave us a bag of samples.

Skin Cancer Most skin cancers are curable when discovered early. Melanoma (a diffuse wart like growth) is the worst. Avoid tanning beds and sun exposure during the hours of 10 a.m. to 4 p.m. Other skin cancer risks include: x-ray exposure, scarring from disease or burns, occupational exposure to chemical compounds (i.e. arsenic), family history of skin cancer, immunosuppression (for psoriasis), organ transplant recipients.

Seborrheic keratoses is hereditary and not dangerous. Pre-cancerous skin lesion: actinic keratoses (the outer barrier becomes cracked and fissured). Basal Cell – top skin cancer unlikely to spread but can be disfiguring. Squamous cell – metastases. Melanoma the deadliest skin cancer, but when detected early there is a 99% survival rate. One in 55 people

will develop this form of skin cancer, and Dermatologists are catching this lesion at an earlier stage. One person dies of melanoma every minute.

Dr. Cooper showed pictures of the different lesions and explained treatment and prognosis of each one. She taught us the ABC'S of melanoma:

- A – asymmetry
- B – border – smooth
- C – Color – reddish brown, black
- D – Diameter – take notice of one bigger than an eraser.
- E – evolution
- F – funny looking – changing

Watch UV index on weather.com and newspapers. UVA: tanning rays, penetrates deep. UVB: burn index, causes sunburn. Skin cancer is the most common malignancy in the U.S., is being diagnosed earlier, but 123K new cases each year, with 75% of skin cancer deaths attributed to melanoma.

#### Take Home Lesson:

- Self-skin exam – become familiar with your skin. Use hand held mirror/wall mirror.
- Examine all areas of your skin
- Report changes – symptoms
- Sun Protection – Use SPF 30+ best. Apply 20-30 minutes before exposure. Re-apply every one and half to two hours.
- Wear protective clothing
- Umbrellas
- Avoid sun 10 a.m. – 4 p.m.
- Avoid tanning booths.

We look forward to our next meeting on **November 19th**, when **Eye Specialist, Dr. Michael Trottni** will speak to us about dry eye problems and has something special in store for us, along with samples of eye drops. Please bring all who are interested. Everyone is welcome.

– Eva

**“The great thing in this world is not so much where we stand, as in what direction we are moving.”**  
– Oliver Wendell Holmes

📖 The Dry Eye Remedy by Robert Latkany M.D.  
*Your Lifestyle and Nutrition (excerpt)*

Harvard's Brigham & Women's Hospital and Schepens Eye Research Institute in Boston released the findings of a study done in 2005 on the relationship of food to dry eye disorder. The results showed that women who ate omega-3 fatty acid in tuna fish had 68% less chance of developing dry eye than those who did not. Omega-3 is what is known as an essential fatty acid, that is, it cannot be produced by the body, which nevertheless requires it for the health of cells, so it must therefore be eaten in the diet.

In fact, as the Harvard study showed, it wasn't just that omega-3's lowered the chances of getting dry eye; they also **mitigated** the symptoms if you already had the disorder. The study looked at another category of essential fatty acids, the omega-6's. Omega 6 fats are found in great abundance in the American diet because they are the key ingredients in ice cream, pizza, and other junk food. The Harvard study concluded that a higher dietary ratio of omega-6 fatty acid to omega-3 fatty acid raised the chance of getting dry eye, and could mean an increased risk of dry eye syndrome in women.

A better idea than to increase the use of canned tuna or farm raised tuna or salmon might be to include omega-3 rich foods such as soybean oil, wheat germ, walnuts, flaxseed, canola oil, etc. and take good quality omega-3 supplements.

♥ GOD BLESS AMERICA!

**SUPPORT OUR TROOPS!**

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**THE HYDRATION  
MESSENGER**

**HARFORD  
SJOGREN'S SYNDROME  
SUPPORT GROUP**

**NEXT MEETING:**

**SATURDAY  
November 19, 2011  
AT  
10:00 A.M.**

**Bel Air United  
Methodist Church  
21 Linwood Avenue  
Bel Air, Maryland**

**INFORMATION:  
410-836-1040**

**Volume XIV Vol 2 – November 2011**

**MEETING CALENDAR**

**November 19, 2011  
Dr. Michael Trottni, Eye Specialist**

**Happy Thanksgiving  
Happy Holidays**

**March 17, 2012  
May 19, 2012**

**Our support group meets four times a  
year. Patients & families always welcome.**

**Harford SS Support Group Email:**

[Bigeva@qis.net](mailto:Bigeva@qis.net)

**Telephone: 410-836-1040**



**Check out the October issue of  
The Moisture Seekers published**

**by the Sjogren's Syndrome  
Foundation**

**Many of our questions are  
answered.**

**Also**

**New Fourth Edition of the**

**Sjogren's handbook**

**To order, call SSF: 800-475-6473**

[www.sjogrens.org](http://www.sjogrens.org)

**Directions to Bel Air UM Church:**

**From I-95 take Exit #77A towards Bel Air**

**Continue on Rt. 24**

**Travel approximately 5 miles**

**Right turn on Ring Factory Road to light**

**Left turn on Rt 924**

**Turn right at Linwood Avenue**

**Church is on the right**

**Take second right into Church parking lot**

**Park on other side of McComas Hall**

**Proceed to Armstrong Center - Room 103**