

Prevention

Ultraviolet (UV) rays are a form of invisible energy given off by the sun and are primarily responsible for the damaging effects of the sun on the skin. Unfortunately most people only think to wear sun protection at the pool or beach. The truth is, solar damage adds up everyday and every time your skin is exposed to sunlight.



Take precautions to avoid the sun's harmful rays by limiting direct sun exposure during midday, sitting in the shade and using an umbrella. When in the sun, wear a hat with a 2 inch brim and sunglasses that block 99% of UV rays. And of course the most important preventative measure is applying broad spectrum sunscreen with at least SPF 15.

Make the Clear Choice

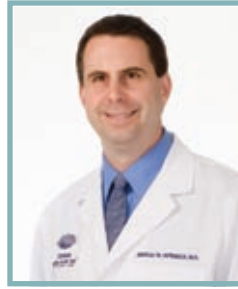
For over 20 years, Center For Sight has been the region's premier vision center, providing comprehensive eye care services, surgery and cosmetic facial surgery in our state-of-the-art facilities. Our dermatology services are an extension of our commitment to delivering advanced care to improve people's lives.

You can learn more about dermatology and the other services offered by visiting our website at centerforsight.net. You'll also find a schedule for our FREE health seminars. No reservations are required. Just pick a date and bring along a friend to attend any of these events. Or call to schedule a consultation at 941-330-2020.

941.330.2020

centerforsight.net

Joshua W. Newman, M.D.



Dr. Joshua M. Newman treats pediatric and adult patients at Center For Sight with a wide range of medical services for the care, diagnosis and treatment of conditions of the skin, hair and nails.

Dr. Newman received his bachelor of arts degree from the University of Michigan, and his medical degree from the University of Virginia School of Medicine. He continued his post-doctoral education with an internship in Internal Medicine, followed by a residency in Dermatology, both at the noted Cleveland Clinic Foundation, in Cleveland, Ohio.

At Center For Sight, Dr. Newman specializes in providing advanced care for the diagnosis and treatment of skin cancers, the removal of both benign and malignant skin growths and the latest cosmetic dermatological techniques.

Dr. Newman is board certified by the American Board of Dermatology and is a fellow of the American Academy of Dermatology. He is a member of the Florida Society of Dermatologic Surgeons and the Florida Society of Dermatology and Dermatologic Surgery.

Locations:

2601 South Tamiami Trail, Sarasota, FL 941.330.2020
1360 East Venice Avenue, Venice, FL 941.488.2020



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Dermatology by Newman



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General Dermatology

Dermatologists are physicians with at least four years of post-graduate residency training including three years of intensive training in dermatology. The final certification process includes a comprehensive exam administered by the American Board of Dermatology.

A dermatologist has extensive training and experience in the treatment and diagnosis of patients with benign and malignant disorders of the skin, mouth, hair and nails, as well as sexually transmitted diseases. Dermatologists are singularly qualified to diagnose and treat allergic and non-allergic disorders with expertise in the care of normal skin and in the prevention of skin disease and skin cancers.

Center For Sight's board certified dermatologist, Dr. Newman, offers patients full-service medical, surgical and cosmetic dermatology to treat the entire body. He performs many specialized diagnostic procedures including allergy patch tests, dermoscopy (a non-invasive, cutting edge technique to evaluate pigmented and non-pigmented skin lesions), potassium hydroxide (KOH) preparations and other microscopic exams of skin scraping and secretions.

Dr. Newman is experienced with using cryosurgery to eradicate skin growths, nail surgery, biopsy techniques and excisional surgery. He also utilizes various techniques to correct cosmetic defects such as chemical peels, sclerotherapy of spider veins and FotoFacial RF® treatments.

FotoFacial RF® Technology

FotoFacial treatments are a full face, neck, hands or body treatments using Intense Pulsed Light and RadioFrequency energy. This is a safe, gentle, non-invasive treatment used to improve the following skin concerns:

- Pink vascular conditions: rosacea, flushing, redness, ruddy complexion, broken capillaries and spider veins of the face
- Brown melanin conditions: sun spots, age spots, hyperpigmentation, melasma, cholasma, mask of pregnancy and multiple freckles
- Chronic sun damage

Treatments are simple; the patient is covered in a thin layer of cooling gel and then a 30-minute treatment is given to the face, chest, hands or arms. Patients will see a gradual and persistent improvement of their skin over a 12-20 week program which is about 3-5 FotoFacial treatments.



FotoFacial Before



FotoFacial After

Skin Cancer

There are more than 1.3 million cases of skin cancer diagnosed each year and an estimated 10,000 people in the US will die from skin cancer this year. Living in Florida is a risk factor since sunlight and ultraviolet (UV) rays are primary causes of skin cancer. Other causes include genetics and immune system problems.

Who Is At Risk For Skin Cancer?

People living in warm climates, those that have a history of sunburn or sun exposure and family history all play a role in the risks associated with this disease. The sun and its UV rays have damaging effects on the skin including dark spots, wrinkles, dryness and premature aging.

Types of Skin Cancer

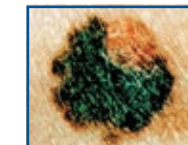
Skin Cancer is formed by cells that grow uncontrollably in an aggressive and disorganized fashion, disrupting and damaging normal tissue. There are three main forms of skin cancer:



Basal Cell Carcinoma is the most common form of skin cancer. It starts as a non-healing pink or red bump, spot or sore, usually on chronically sun exposed skin. It can become very aggressive but is usually successfully managed by a variety of in-office procedures.



Squamous Cell Carcinoma is the second most common form of skin cancer. It presents as a red scaly or crusty bump or patch on sun exposed skin such as the face, scalp and hands. It can be aggressive and can eventually spread to other parts of the body.



Melanoma is the most serious form of skin cancer. If the tumor is not found early, the cancer can metastasize and become fatal. Melanomas may begin as a mole or on previously normal skin. Warning signs for melanoma includes change in color, shape or size.