

# It's A Fact Jack!

## June 1 - 7 is National Sun Safety Week

The American Cancer Society estimates that one in five Americans will get some form of skin cancer in their lifetime. If you are Caucasian, your odds of skin cancer increase to 1 in 3, according to the organization.



# HEALTH MATTERS

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## New Techniques for Hernia Procedures



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Hernia surgery in 2009 has come a long way in the last 15-20 years.

Laparoscopic surgery (a procedure minimizing pain and scar development) has brought advances to hernia surgery that rivals all other laparoscopic procedures.

### What is a Hernia?

Hernias are basically holes in the muscle layer, usually of the abdominal wall. These holes can be present at birth and can be repaired shortly thereafter, but most hernias are in adults and tend to get bigger and more symptomatic especially if ignored.

Groin hernias (inguinal) are more common in males than females. The most common cause for this is over lifting. Men may be exposed to more lifting hazards and then following an injury, they let the hernia grow before going to their doctor. Without repair most hernias will only get bigger with time; they will never go away.

### How are Hernia's Repaired?

Hernia repairs done 20 years ago

usually meant forcing a patient's tissue back together under tension, causing more post-operative discomfort and a higher recurrence rate. Today, repairs are most often performed with a mesh which is used to decrease tension on the repair. This method also reduces post-operative pain and lowers the recurrence rate. There are as many types of mesh to use as there are cars to buy. As long as the surgical principles of repair are used, the type of mesh is of minimal consequence.

Laparoscopic repairs of hernias are offered and can offer the least amount of post-operative pain, least amount of time off work and the lowest recurrence rate. Some non-laparoscopic repairs for hernias that use mesh are just as effective as laparoscopic repair for primary (first time) hernias. If the hernia repair needs to be repeated, the laparoscopic repair is the repair of choice.

Most hernia repairs are outpatient procedures, going home the same day and returning to work in one to two weeks.

### Why Should I Repair a Hernia?

The reason to repair hernias is not just for symptomatic control but also to prevent any severe reactions incurred when hernias are left untreated. If a hernia is left unchecked, intestines from

the abdomen can travel into the hernia defect. Sometimes they can get in but can't get out, causing the intestine to get caught. This will cause an intense pain and bulge that cannot be pushed back in (reduced). If this is left too long, the intestine can strangulate and die. This means emergency surgery will be necessary and also disallows the use of mesh due to the risk of infection. Therefore, emergent hernia repairs incur a higher recurrence rate than elective repairs.

If you have questions or concerns regarding hernias or hernia treatment contact your primary care physician at 262-334-3451 or West Bend Clinic - South General Surgery at 262-836-2311.

## Upcoming Events

### Boys and Girls Club 5K for Kids

Sunday, June 7, 2009  
Regner Park, West Bend  
To register, call 262-334-3732

### Free Skin Cancer Screenings

Monday, June 15, 2009  
9:30 am - noon  
West Bend Clinic - East  
1190 E. Paradise Dr. and Hwy. G  
Screenings will be performed by West Bend Clinic - East Dermatology Staff including Gary Rosenmeier, MD, and Dan Nalepinski, PA-C. Appointments are required as there is limited availability.  
To register, call 262-365-6161

# Tips to protect yourself in the Sun

Source: American Academy of Dermatology

Many people love the warm sun. The sun's rays make us feel good, and in the short term, make us look good. But our love affair isn't a two way street: exposure to sun causes most of the wrinkles and age spots on our faces and is the number one cause of skin cancer.

In fact, sun exposure causes most of the skin changes that we think of as a normal part of aging. Over time, the sun's ultraviolet (UV) light damages the fibers in the skin called elastin. When these fibers breakdown, the skin begins to sag, stretch, and lose its ability to go back into place after stretching. The skin also bruises and tears more easily -- taking longer to heal. So while sun damage to the skin may not be apparent when you're young, it will definitely show later in life.



## How Does the Sun Change My Skin?

### Exposure to the sun causes:

- Pre-cancerous (actinic keratosis) and cancerous (basal cell carcinoma, squamous cell carcinoma and melanoma) skin lesions
- Benign tumors
- Fine and coarse wrinkles
- Freckles
- Discolored areas of the skin, called mottled pigmentation
- A yellow discoloration of the skin
- The dilation of small blood vessels under the skin

## How Can I Protect My Skin From the Sun?

Nothing can completely undo sun damage, although the skin can sometimes repair itself. So, it's never too late to begin protecting yourself from the sun.

### Follow these tips to help prevent sun-related skin problems:

- Apply sunscreen with a sun protection factor (SPF) of 15 or greater 30 minutes before sun exposure and then every few hours thereafter
- Select cosmetic products and contact lenses that offer UV protection
- Wear sunglasses with total UV protection
  - Wear wide-brimmed hats, long sleeved shirts and pants
  - Avoid direct sun exposure as much as possible during peak UV radiation hours between 10:00 a.m. and 3:00 p.m.
- Perform skin self-exams regularly to become familiar with existing growths and to notice any changes or new growths
- Eighty percent of a person's lifetime sun exposure is acquired before age 18. As a parent, be a good role model and foster skin cancer prevention habits in your child
- Avoid tanning beds

For more information or to schedule an appointment with our Dermatology staff including Gary Rosenmeier, MD, and Dan Nalepinski, PA-C, call West Bend Clinic - East at 262-365-6047.

# Space Available for Summer Fitness and Athletic Performance Enhancement Programs

This summer from June 23 - July 30 (six weeks) on Tuesdays & Thursdays UW - Washington County will host the 2009 PEP summer camps. These camps are designed to help improve overall fitness and cardio-respiratory endurance, while stressing keys to injury prevention. Camps are designed for differing age groups and fitness levels.

Programs include a **Jump Right .....or Left camp**, which is a comprehensive anterior cruciate ligament injury (ACL) prevention program that is designed to assist female athletes (grade 6 - college) in developing lower extremity strength, balance and flexibility, all while helping to increase jump height.

A **Core Conditioning Camp**, is also available. This camp, designed for individuals of all fitness levels, age 15 & up (male and female), is a progressive 12 station circuit that will simulate functional activities. New this year are times to better accommodate working adults. This program is sure to kick start any workout regimen.

Classes will be led by Lori Daus of the West Bend Clinic Sports Medicine Program. Camps run \$60 for all six weeks, which includes 12 sessions. For more information, including hours, check the link at [westbendclinic.com](http://westbendclinic.com) or call Lori at 262-306-6319.

# West Bend Clinic

Froedtert & Community Health

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