



Dermatology for Seniors: Practical Tips for Healthy Skin

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September 23rd, 2025



DERMATOLOGY
OF VOORHEES, NJ

MOHS
SURGERY
CENTER

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Disclaimer

This presentation is intended for educational purposes only and should not be interpreted as medical advice. Individuals should consult their healthcare provider or dermatologist for recommendations specific to their health. The products and examples mentioned are provided for general information. I do not have any financial relationships, sponsorships, or compensation from the brands referenced.

The Skin Check



Dermatoscope



Skin Cancer

Skin Cancer Risk in South Asians

- Skin cancer incidence in India is much lower than in Western countries.
- Regional variation: Melanoma is most common in **North India**, while nonmelanoma skin cancers (NMSC) are more frequent in the **East and Northeast**.
- Age-adjusted rates (AAR): Melanoma AAR highest in the North (1.62 males, 1.21 females); NMSC highest in the East for males (6.2) and Northeast for females (3.49)
- Risk factors: **UV exposure, fairer skin types (I & II in Northeast), arsenic exposure (Ganges belt), and outdoor occupations**

Labani, Satyanarayana; Asthana, Smita; Rathore, Kushal; Sardana, Kabir.
Incidence of melanoma and nonmelanoma skin cancers in Indian and the global regions. *Journal of Cancer Research and Therapeutics* 17(4):p 906-911, Jul–Sep 2021. | DOI: 10.4103/jcrt.JCRT_785_19

Basal Cell Carcinoma



BIOPSY

Squamous Cell Carcinoma



BIOPSY

Melanoma



BIOPSY

MOLE FEATURES

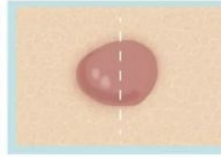
BENIGN

SEE DOCTOR

A

ASYMMETRY

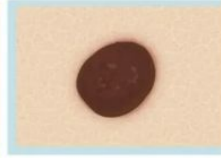
ONE HALF OF A MOLE DOES NOT MATCH THE OTHER.



B

BORDER

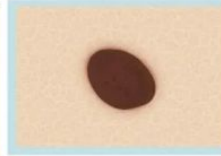
THE EDGES ARE IRREGULAR, RAGGED, NOTCHED, OR BLURRED. NORMAL MOLES ARE ROUND OR OVAL.



C

COLOR

THE MOLE IS NOT EVENLY COLORED. IT MAY INCLUDE SHADES OF BROWN OR BLACK, OR PATCHES OF PINK, RED, WHITE OR BLUE.



D

DIAMETER

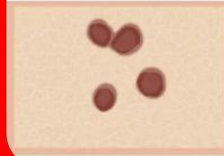
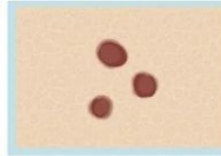
THE SPOT IS LARGER THAN 6 MILLIMETERS ACROSS



E

EVOLVING

THE MOLE IS CHANGING IN SIZE, SHAPE, OR COLOR.



See your
dermatologist
ASAP

Acral Lentiginous Melanoma → Check your hands and feet

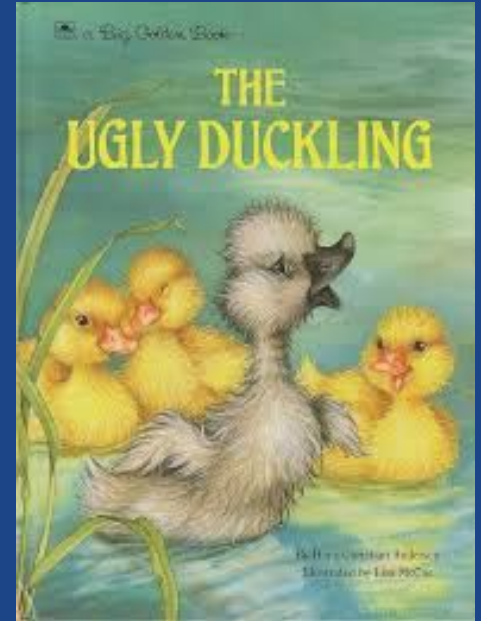


Subungual Melanoma → Check your nails



When to see a Dermatologist?

- **ABCDE's of Melanoma**
- Does it look like it belongs on your skin?
- Is it different from all your other spots?
- Symptomatic? Does it bleed or scab easily, never fully heals?



Higher Risk of NMSC in Transplant patients

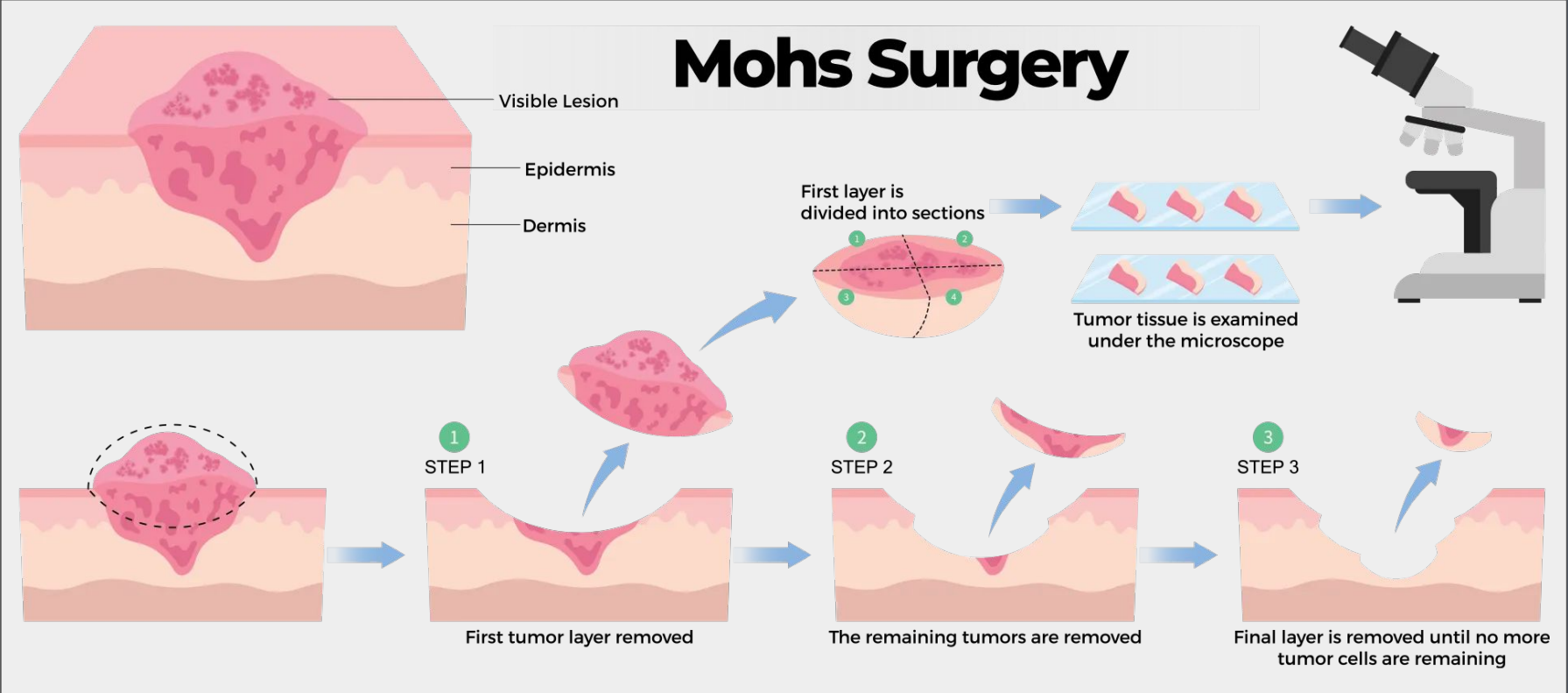
- Immunosuppressive drugs (e.g., **azathioprine, cyclosporine, tacrolimus**) increase susceptibility by reducing immune surveillance and enhancing UV damage.
- We recommend Annual Skin Checks for transplant patients

Sun Protection Essentials

1. SUNSCREEN (DAILY ON FACE)
2. PROTECTIVE CLOTHING
3. SUNGLASSES
4. SEEK SHADE
5. AVOID TANNING BEDS



How do we treat skin cancer?



Mohs Micrographic Surgery



Dr. Mark Abdelmalek





Before - Infiltrative
Basal Cell Carcinoma

Defect after 2 stages of
Mohs Surgery

Repair

After- 3 weeks later



Basal Cell Carcinoma Treated With Mohs Surgery



Before



Defect after Mohs Surgery



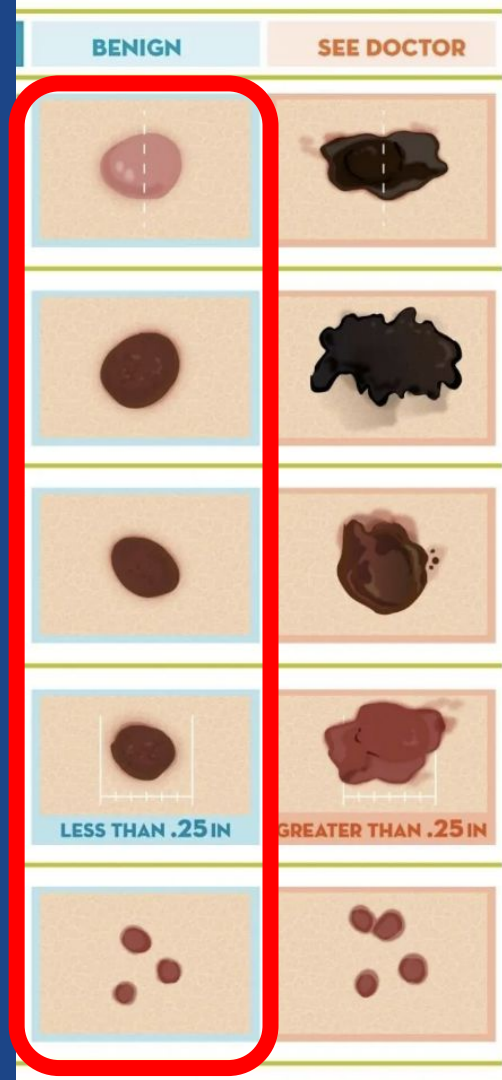
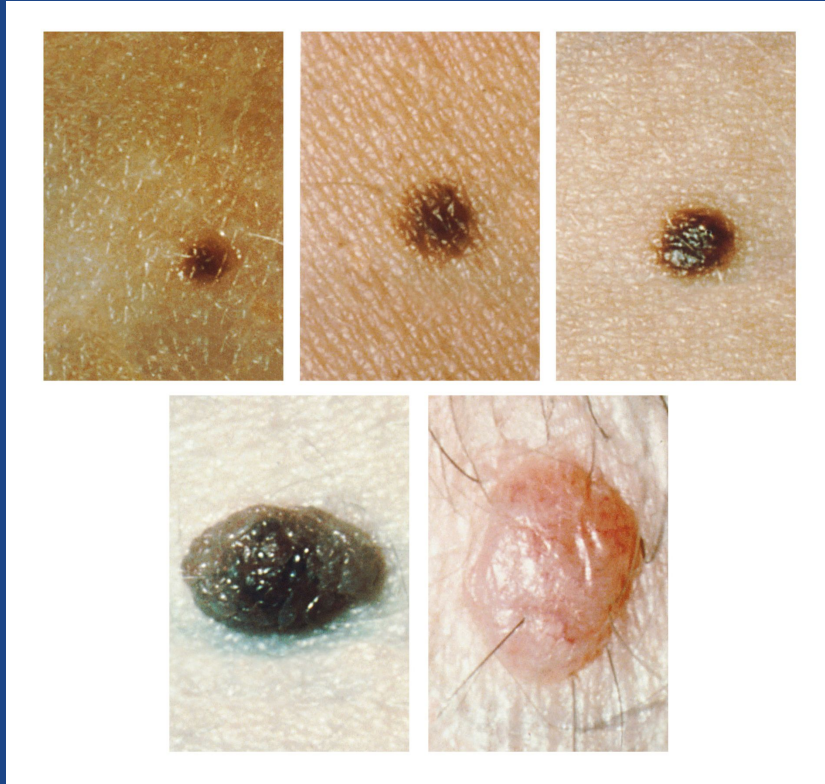
Flap Repair



After- 1 year later

Benign Skin Lesions

Benign Nevus



Seborrheic Keratosis



When to see a Dermatologist?

If this lesion is itchy, bleeding, scabbing, or getting caught on clothing

Verruca Vulgaris (Wart)



When to see a Dermatologist?

Typically harmless, maybe itchy, best to treat before they spread

Fibroepithelial Polyp (Skin Tag)



When to see a Dermatologist?

*If this lesion is itchy, bleeding, or getting caught on clothing
*Typically COSMETIC**



Cherry Angioma

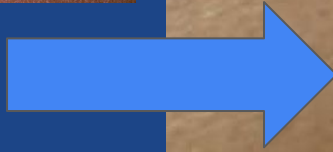


When to see a Dermatologist?

If this lesion is bleeding or not healing appropriately



Dermatofibroma



Lentigines



When to see a Dermatologist?

If brown spot changes - darker, red and scaly.

Idiopathic Guttate Hypomelanosis (IGH)



Solar Purpura



Cyst



When to see a Dermatologist?

If this cyst ruptures, becomes red, painful, draining, foul odor

Lipoma



When to see a Dermatologist?

If this lesion becomes painful or rapidly enlarges.

Common Skin Conditions

Acne



Rosacea



Atopic Dermatitis (Eczema)



Dyshidrosis (Chronic Hand Dermatitis)



Nummular Eczema



Ringworm (Fungal Rash)



Allergic Contact Dermatitis



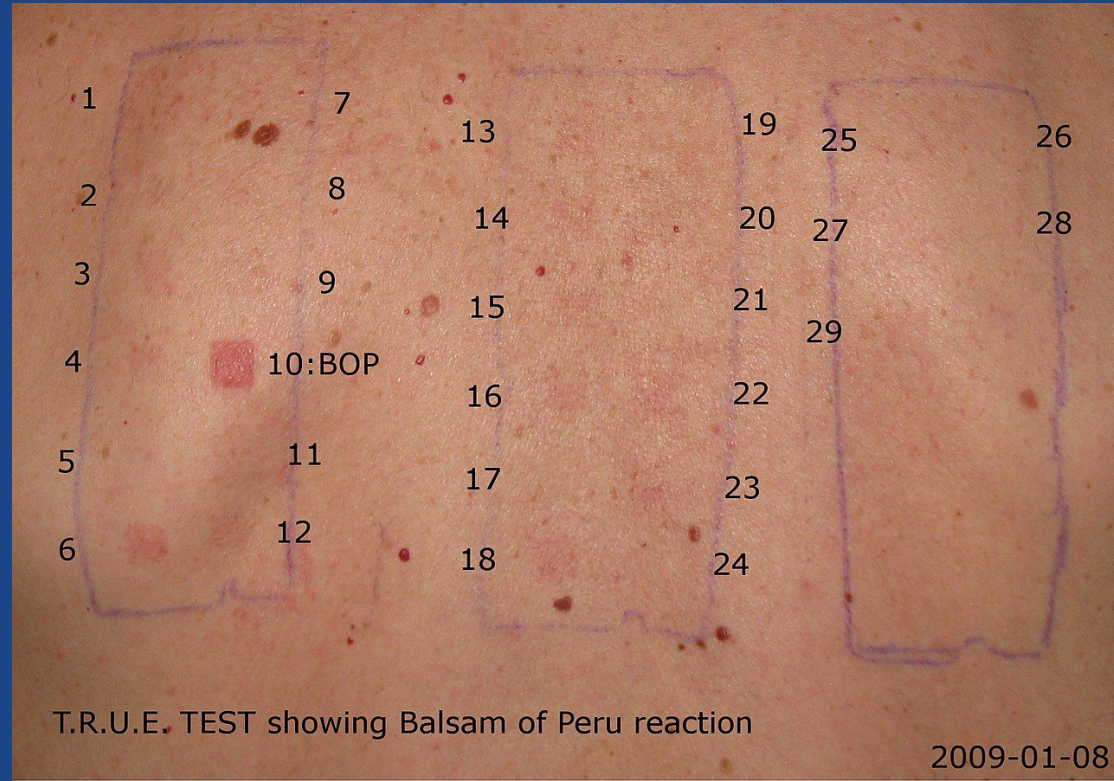
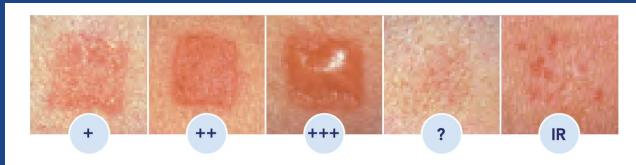
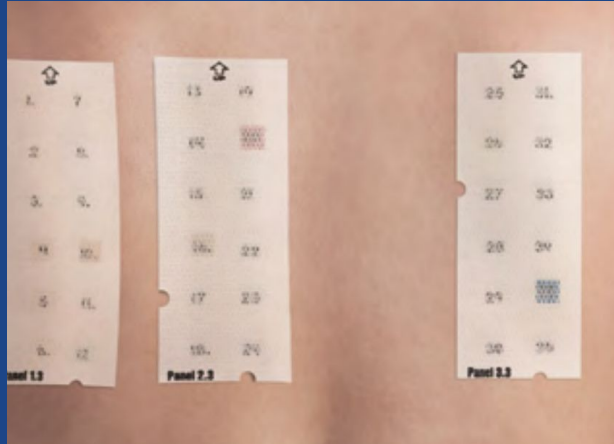
Allergic Contact Dermatitis



Allergic Contact Dermatitis - Common Culprits



Patch Testing



Seborrheic Dermatitis



Psoriasis



Venous Stasis Dermatitis



EARLY

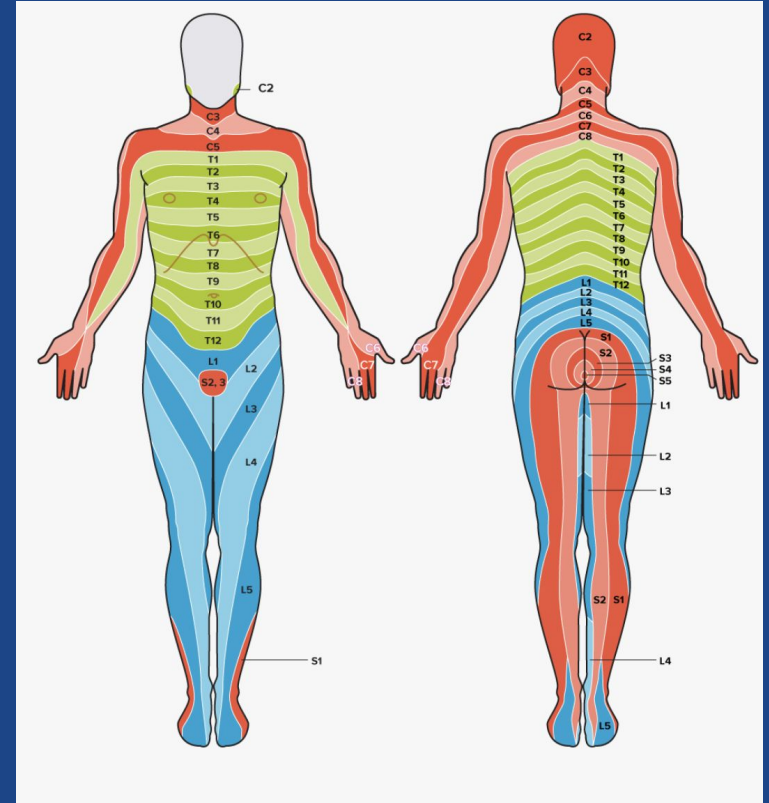


MODERATE

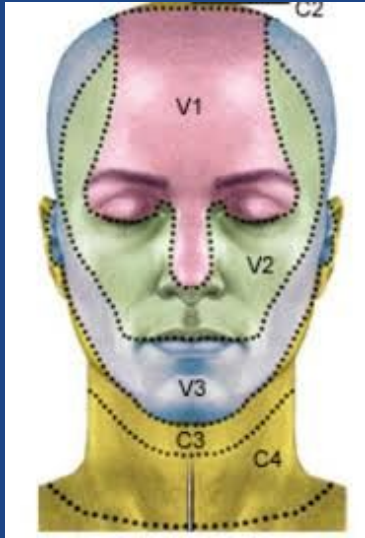


SEVERE

Herpes Zoster (Shingles)



Herpes Zoster Ophthalmicus



When to see a Dermatologist?



*Painful blistering rash on face, especially if involving the nose and/or eye
Eye pain, eyelid swelling, redness, blurry vision, photosensitivity*

The Shingles Vaccine - Shingrix

The Centers for Disease Control and Prevention (CDC) recommends **Shingrix** for:

1. **Healthy adults 50 and older:** A two-dose series is recommended, with doses administered 2 to 6 months apart.
2. **Adults 19 and older who are immunocompromised:** Individuals with a weakened immune system due to disease or medical treatments should also get two doses. The second dose may be given sooner, 1 to 2 months after the first.

Product Recommendations

La Roche-Posay Anthelios Mineral Tinted Sunscreen for Face with SPF



DEEP
MEDIUM DEEP
MEDIUM
TINTED



Moisturizers for Face



Dry Cracked Hands?



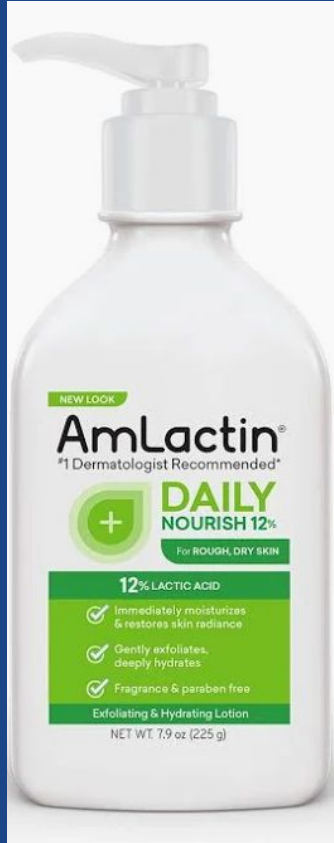
When to see a Dermatologist?

*Dry cracked hands are often a symptom of Eczema, Psoriasis, & Dyshidrosis
→ Itching, blisters, fissures, sores*

Moisturizers for Body



Thick or Dry Skin (esp Elbows, Knees, Hands, Feet)



Fragile & Bruised Skin?



Itchy Scalp?



Generalized Itching



When to see a Dermatologist?



If generalized itching all over body WITHOUT RASH sometimes needs bloodwork. If Itch interferes with sleep and daily life.

For Nails



Thank You!



Questions?



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Scan to Schedule